CAROLINA COOKERY

From

Quaker

Kitchens

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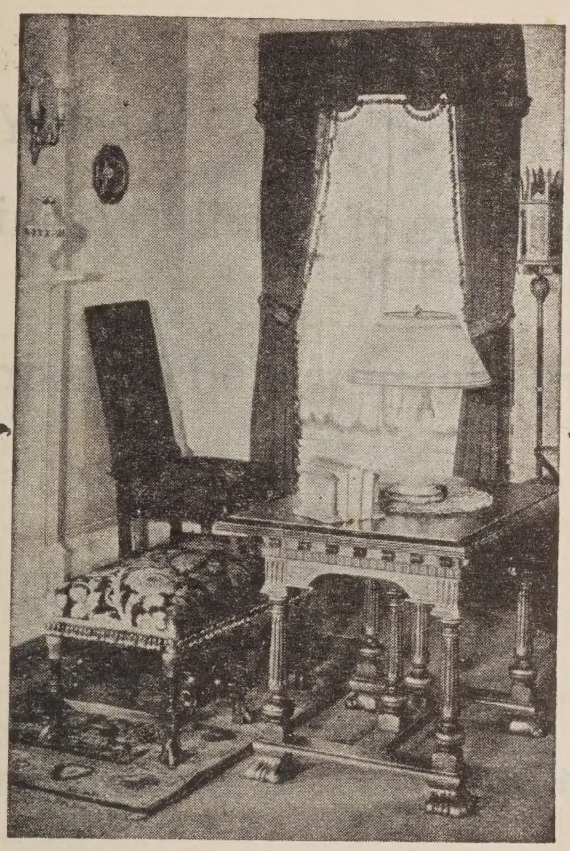

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FOREWORD

This little book has been compiled from the experience of the members of the Woman's Auxiliary of the High Point Friends Church and some of their friends.

Not all the recipes are strictly original but the signature after each guarantees that they have been proved, and found excellent.

High Point, N. C.
August, 1924.

A SILENT OR QUAKER GRACE

Whether we eat or drink, or whatsoe'er
We do or speak or think; let all be done
Said, thought, in holy love, and godly fear
Of thee our Heavenly Father and thy Son!
That in the use of every good supplied,
The giver by his gifts be glorified!

—Bernard Barton.

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HIGH POINT, N. C.

BREADS

Acorns were good till bread was found.
—Bacon, quoted from Juvenal.

SHREWSBURY BISCUITS

2 oz. butter
2 oz. confectioner's sugar
2 oz. patent flour (See p. 52)
2 oz. plain flour

Cream butter and sugar, then mix with flour to a nice paste with a little beaten egg, roll out, cut with a fancy cutter and bake in a moderate oven, top shelf.

—Mrs. Norman Fidler.

QUAKER MUFFINS

Rolled oats, 1 cup
Flour, 1 cup
Sugar, 3 tablespoons
Baking powder, 4 teaspoons
Salt, ½ teaspoon
Milk, 1 cup
Egg, 1
Butterine, 1 tablespoon

Scald milk, pour on rolled oats and let stand half hour before mixing. Mix and sift dry ingredients and add to the rolled oats and milk mixture. Add egg slightly beaten and melted butter. Beat well and bake in greased muffin pans half hour in a moderately hot oven.

Yield: 12 muffins. —Teachers' College N. Y.

BUTTER BUNS

1 lb. of flour
2 ozs. lard
1 teaspoon baking powder
2 ozs. sugar
1 or 2 drops essence of lemon
½ teaspoonful salt
1 oz. yeast
1 egg

Rub in lard, flour, baking powder and salt, drop the egg in and break it up with a fork, sponge the yeast in half a pint of warm milk and water, add a little sugar to the yeast then work up to a nice light dough, let rise a little and weigh off one and a half ozs., roll out, put a little lemon filling made of sugar and lemon essence in center, fold over in half, then quarter, brush over with egg and let rise until double the size.

—Mrs. Norman Fidler.

WAFFLES

1 egg
1 cup milk
½ teaspoonful salt
2 cups flour
1 tablespoonful butter
Pinch of sugar
1 tablespoonful baking powder

Separate eggs, and to the beaten yolk add milk, salt, flour melted butter and sugar. When the irons are hot add baking powder and fold in the white of the egg. Bake in a hot, greased waffle iron.

—Mrs. Horace S. Haworth.

SOUTHERN SALLY LUNN

1 quart of flour
3 eggs
1 tablespoonful of butter
1 yeast cake
1 pint of new milk

Dissolve yeast cake in a little luke warm water. Beat yolks, stir in yeast, melted butter, milk and flour. Beat whites of eggs stiff and fold in mixture. Set to rise in a loaf cake pan over night in a warm place. Bake in moderate oven.

—Mrs. A. M. Briggs.

BRAN MUFFINS

1 cup of sour milk
1 teaspoonful of soda
6 tablespoonsful molasses
½ teaspoonful salt
1 cup whole wheat or graham flour
1½ cups bran
Dates, raisins or nuts if liked

Sift dry ingredients together. Add molasses and then milk. Bake twenty minutes.

—Mrs. C. F. Tomlinson.

BUCKWHEAT CAKES

1 pt. buttermilk
1 pt. water
½ yeast cake
Salt
Buckwheat flour to make batter
2 tbs. molasses
1 tsp. soda

Dissolve yeast in a little of the water, add salt to buttermilk and water, combine with yeast and stir in buckwheat flour. Let rise over night and in morning add

molasses and the soda dissolved in a little water. Cook on hot griddle well greased.

—Mrs. Thurber.

SWEET POTATO PUFFS

2 cups of mashed or strained sweet potatoes (previously boiled)
Whites 4 eggs
2 egg yolks
1 cup cream
Pinch salt

Put potatoes in double boiler, add cream, stir in beaten yolks of eggs and salt and cook 5 minutes stirring constantly. Remove from fire and add egg whites beating until all is very light. Put in deep, well greased baking dish, brush with white of egg and brown quickly.

—Mrs. R. K. Marshall.

GRAHAM MUFFINS

2 cups graham flour
½ cup white flour
¼ cup sugar
1½ cups sour milk
4 tablespoonsful melted fat
1 tsp. baking powder
1 tsp. soda
½ tsp. salt

Sift fiours with baking powder, salt, sugar and soda, add fat and milk. Mix. Bake in hot greased pans, in a moderately hot oven.

—Mrs. C. F. Allen.

ROLLS

1 pt. luke warm water
1-3 cup shortening
1 teaspoon of salt
2 tablespoons of sugar
½ cup mashed potato
1 cake yeast dissolved in ¼ cup of luke warm water.
Flour about 3 times amount of liquid.

Pour water over shortening, salt, sugar and potato. Add dissolved yeast. Sift in the flour beating with stiff egg beater as long as possible. Work in sufficient flour to make medium dough. Knead until elastic. Allow to rise until double the quantity. Roll out about 1-4 inch in thickness. Cut with round biscuit cutter. Brush over with melted butter—place in greased muffin pans—laying one on top of another. Let rise until very light—bake about 20 minutes.

—Miss Elva Blair.

EGGLESS MUFFINS

((18 Muffins)

2 cups flour
1 cup milk (sweet)
4 teaspoons Royal baking powder
2 teaspoons sugar
1 teaspoon salt
2 tablespoons butter

Mix and sift dry ingredients. Add milk, stirring until all lumps are out; add melted butter. Beat well and bake in greased muffin pans in hot oven twenty to twenty-five minutes.

—Mrs. R. K. Marshall.

NUT BREAD

1 level cup brown sugar
1 cup black walnuts
1 cup chopped dates
2 cups graham flour
2 cups white flour
2 cups milk
1 tsp. salt
4 tsps. baking powder
1 egg

Mix dry ingredients and add milk and egg beaten together. Pour into two greased pans and let rise 20 minutes and then bake in a slow oven.

—Mrs. J. Van Lindley.

NUT BREAD

4 cups flour
1 cup sugar
1 cup milk
1 egg
1 tsp. salt
4 tsps. baking powder
1 cup chopped nuts
½ cup raisins

Mix well together and then with ½ cup flour knead mixture into a soft dough. Form into two loaves, put into buttered pans, brush tops with butter and let stand in warm room 20 minutes, then bake in a moderate oven.

—Mrs. H. A. White.

GRAHAM NUT BREAD

3 cups graham flour
½ cup white flour
1 tsp. salt
4 tsps. baking powder
1 cup sugar
1 cup nut meats, chopped
2½ cups milk

Mix and bake about one hour in moderate oven.

—Mrs. H. A. White.

SWEET POTATO BISCUIT

2 cups flour
2 cups boiled and mashed sweet potatoes
1 tablespoon butter
1 tablespoon sugar
1 teaspoon salt
¼ teaspoon soda.

Mix up with buttermilk or sour milk and bake in a quick oven.

—Mrs. W. H. Carroll.

SOFT GRAHAM BREAD

1½ cups warm water
2 tbs. molasses
2 tbs. fat
2 tsp. salt
½ yeast cake
¼ cup warm water
1½ cups white flour
3 cups graham flour

Mix liquids, salt, and fat, and dissolve yeast. Add white flour and then enough graham flour to make a stiff batter. Beat until thoroughly mixed. Let rise until very light ,beat again, and pour into a greased pan. Let rise and bake.

—Mrs. F. R. Taylor.

CORN MEAL DISHES

The corn meal used in the South is nearly white and ground very fine, Water ground is especially prized. If used according to the following recipes it makes most palatable dishes.

EGG OR SPOON BREAD

3 eggs beaten separately
2 cups buttermilk
(May use sweet milk and baking powder in place of buttermilk and soda)
½ tsp. soda
½ tsp. baking powder
1 tbs. melted butter
½ cup corn meal
Pinch of salt

Bake in a moderate oven and serve from baking dish.

Mrs. Arthur Lyon.

SPOON BREAD

1 cup meal
1 tablespoon lard
1 cup buttermilk
1 pinch soda
1 egg well beaten
1 teaspoon salt
2 level teaspoons baking powder

Stir into this enough boiling water to make a soft dough, beat until cool.

Pour into buttered dish and bake golden brown.

—Mrs. S. Halstead Tomlinson.

SOUTHERN BATTER BREAD

1 pint corn meal
1 level teaspoonful of soda
1 level teaspoonful of salt,
2 eggs
1 large cup of buttermilk
1 large tablespoonful of melted lard

Put meal in mixing bowl. Add enough boiling water to make a batter the consistency of thick cream after buttermilk with soda dissolved has been added. Beat eggs lightly and add with salt and melted lard. Bake in deep pan forty-five minutes to one hour. This amount makes a large quantity and one-half the amount may be used for a small family. —Mrs. J. C. Hill.

SPOON BREAD

¾ cup corn meal
1 oz. butter
1 oz. lard
2 eggs
½ tsp. salt
½ tsp. sugar
1 cup boiling water
1 cup sweet milk
1 tsp. baking powder

Pour boiling water on sifted meal, sugar and salt, then add baking powder and milk, melted butter and lard. Last—eggs beaten separately.

Chef of Oregon Hotel, Greenwood, S. C. Approved by Mrs. H. I. Coffield.

SOUTHERN SPOON BREAD

1 pint sweet milk
½ cup white corn meal
½ teaspoon baking powder
1 teaspoon salt
3 eggs, (beaten separately)
2 tablespoons butter

Heat the milk nearly to boiling and gradually stir in the corn meal and cook until the consistency of mush. Add the baking powder, salt and the well beaten yolks of eggs. Add melted butter. Fold in the whites of eggs, beat well and put into a greased baking dish and bake thirty minutes in a slow oven. Serve in dish in which it is baked.

—Mrs. Isla Marshall Kirby.

EGG-BREAD

1 egg
2 good sized cold biscuits
½ cup of corn meal
1 tablespoonful (a little rounded) of lard
1 cup buttermilk
½ teaspoonful of soda
Salt to taste

Crumble the biscuit and scald with hot water. Add immediately the corn meal and lard, break in the egg and beat well. Stir the soda in the buttermilk and then add this, mixing well. Salt.

—Mrs. A. E. W. Peele.

CORN MEAL MUFFINS

2 cups of corn meal
½ cup of flour
½ cup of lard
1 tablesponful sugar
1 teaspoonful baking powder
½ teaspoonful soda
½ teaspoonful salt

Mix with sour milk to a soft batter. Bake in muffin rings in hot oven until brown. —Mrs. D. H. Parsons.

CORN MEAL MUFFINS

1 cup corn meal
1 cup buttermilk
1 egg
1 tsp. salt
4 tbs. melted lard
½ tsp. soda
½ tsp. baking powder

Place buttermilk in mixing bowl, add egg, salt and meal, mix well and add melted lard, mix again and add soda and baking powder. Bake about 20 min. in muffin pans.

—Mrs J. C. Barker.

CORN BREAD STICKS

1½ cups corn meal
¾ cup boiling water
½ teaspoon soda
1 cup butter milk
1 egg
1 teaspoon salt
1 tablespoon melted butter

Scald meal in hot water, add soda to buttermilk and pour half of this into scalded meal and stir well. Add egg, beat well, and add remainder of milk, salt and melted butter. Cook in well greased bread-stick pans.

—Mrs. Walter White.

GOLDEN CORN CAKE

1 cup corn meal
¾ cup flour
2 tbs. sugar
5 tsps. baking powder
½ tsp. salt
1 cup milk
1 egg
2 tbs. melted butter

Mix dry ingredients, add milk, egg well beaten and melted butter and bake.

—Miss Phebe Worth.

EGGS

Alas my child where is the pen
That can do justice to the Hen?
Like royalty, she goes her way,
Laying foundations every day.
Though not for public buildings, yet
For Custard, Cake and Omelette.
No wonder, child we prize the Hen
Whose egg is mightier than the Pen.

—Oliver Herford.

RICE OMELET WITH CHEESE SAUCE

(for 3 people)

2 eggs
1 tbs. water
1 cup hot boiled rice (drained)
Salt and pepper

Beat whites very stiff. Beat yellows and add hot rice and seasonings. Then fold in beaten whites. Pour in buttered skillet and when done fold.

Cheese Sauce

Make a white sauce of:
2 tbs. of butter
2 tbs. flour
1 cup milk
Salt and pepper

Then add ½ cup grated cheese and pour around omelet. Make this sauce before you make omelet.

—Mrs. C. M. Hauser.

PUFF OMELET

6 eggs
1 tbsp. flour
1 teacup of cream or milk
Salt and pepper to taste

Stir into the yolks of six eggs and the whites of three beaten very light, one tablespoonful flour mixed in the cream or milk. Salt and pepper to taste. Melt a tablespoonful butter in a pan. Pour in the mixture and set in a hot oven. When it thickens pour over it the remaining whites of eggs well beaten. Return to oven and let bake

a delicate brown. Slip off on large platter and fold like pocket book.

—Miss Elva J. Blair.

EGGS BAKED IN TOMATOES

Select round tomatoes of uniform size. Cut off the stem ends and take out enough of the pulp to leave a space as large as an egg, sprinkle the inside with salt and pepper, drop into each one an egg, place the filled tomatoes in a baking dish with a little hot water and bake them about 15 minutes or until the eggs are set and the tomatoes are a little softened. Serve on rounds of bread browned in butter.

—N. C. Federation of Women's Clubs.

BAKED EGGS

Make a thickening of 1 tbsp. flour
½ cup sweet milk.

Pour this into a shallow pan and break six eggs into it. Over these sprinkle a large tablespoonful of grated cheese, butter the size of a walnut. Pepper and salt to taste. Bake and serve hot.

—Mrs. A. S. Parker.

SOUPS

This Bouillabaisse a noble dish is—
A sort of soup or broth or brew,
A hotch potch of all sorts of fishes
That Greenwich never could outdo;
Green herbs, red peppers, mussels, saffron,
Soles, onion, garlic, roach, and dace,
All these you eat at Terre's Tavern
In that one dish of Bouillabaisse.

—Thackeray.

CREAM OF TOMATO SOUP

1 can tomatoes
¼ tsp. soda
1-3 cup butter or 5 tbsp.
1-3 cup flour or 5 tbsp.
3 tsp. salt
½ tsp. white pepper

Cover and stew the tomatoes slowly one half to an hour, rub through a strainer, and add soda while hot; make a white sauce and add the strained tomato. Serve immediately.

—Miss Phebe G. Worth.

POTATO SOUP

6 white potatoes, boiled and mashed
1 qt. milk
1 tbs. butter
1 tbs. flour
1 slice onion chopped fine

Scald milk in double boiler, add potato gradually, stirring constantly then add butter and flour which has been stirred smooth with a little cold water. Onion may be added if desired before butter and flour. If a piece of ham is boiled with potatoes, flavor is improved.

—Mrs. Allen Blair.

CORN SOUP

2 cups grated corn
2 cups water
4 cups milk
¼ cup of butter
¼ cup flour
1 tablespoonful chopped onion
2 tsp. salt
¼ tsp. white pepper
Yolks of 2 eggs

Cook the corn with the cold water twenty minutes;

cook the onion in the melted butter until light brown, add flour, seasoning and the milk gradually, then add the corn, strain and reheat. Beat the yolks of the eggs, pour the soup slowly over them, mix well and serve immediately. This is very good soup without the eggs.

——Mrs. F. R. Taylor.

GREEN PEA SOUP

2 cups or 1 can green peas
4 cups of water
2 tbs. butter
2 tbs. flour
1 tsp. salt
1-16 tsp. pepper
One tsp. sugar
2 cups milk or cream

Cook peas in two cups of water until soft. Mash them in the water in which they were cooked. Strain and add the remainder of the liquid; make a white sauce and cook with other ingredients until the consistency of thick cream.

—Mrs. F. R. Taylor.

TOMATO SOUP

3 medium sized white potatoes
1 sweet potato chopped fine
1-3 cup rice
1 qt. can tomatoes
½ cup beef stock or few slices of pork
1 medium sized onion
1 tbs. butter
2-3 cup of milk
2 tbs. flour
½ cup sugar
Salt, pepper and celery seed (last may be omitted)

Cook first five ingredients about 45 minutes in 2 qts. water, adding more, as it boils down. Add stock or pork. Just before removing from fire add butter and then milk which has been thickened with the flour. Add seasoning and serve.

—Mrs. A. J. Blair.

TOMATO SOUP

1 qt. of stewed tomatoes
1 pt. of stock or water
1 tbs. of butter
¼ tsp. of baking soda
2 tbs. of flour
1 tsp. of sugar
1 onion and sprig of parsley
1 bay leaf, salt and papper

Put tomatoes in sauce pan with bay leaf, parsley, onion, and stock or water. Now stew for 15 minutes, then press through a sieve fine enough to remove seeds. Wash

sauce pan and return tomatoes to it. Put it on fire to boil. Rub butter and flour together and put into soup when boiling. Stir constantly until smooth. Now add salt, pepper and soda and serve.

—N. C. Federation of Women's Clubs.

SOUTHERN CHICKEN SOUP

1 3-lb. fowl
2 qts. cold water
3 tbs. rice, cooked
2 tsp. salt
1-8 tsp. pepper
1 tsp. minced parsley

Cut meat from fowl, reserving the breast whole. Cut meat into small pieces, break the bones and put them with the meat and salt water into the kettle, place the breast on top of other meat. Cook four hours. Remove breast as soon as tender. Skim often at first, strain and add rice and breast cut in dice, also seasonings and parsley.

—Miss Mamie Farlow.

PEANUT BUTTER SOUP

2 cups scalded milk
1 tbs. flour
1 tbs. butter
1 tsp. salt
¼ tsp. pepper
2 tbs. peanut butter
A suspicion of onion juice

Add peanut butter to hot milk and rub well so as to thoroughly mix. Add butter and seasonings, then thicken with the flour made into a smooth paste with cold water.

—Mrs. H. A. White.

FISH CHOWDER

2 lb. cod or haddock or
1 can flaked fish
3 cup potatoes, cut in ¼" slices or
2 cups potatoes cut in ¾" cubes
½ sliced onion
1 cube fat salt pork
1 tbs. salt
1-8 tsp. pepper
1½ tbs. butter
2 cups scalded milk
½ box Uneeda Lunch biscuits

Cut off head and tail and remove backbone of fish and break in small pieces and cook 20 minutes in a cup of cold water that has been brought slowly to a boil. Cut salt pork in small cubes and try out, add onion and fry 5 minutes. Strain fat into stewpan. Parboil potatoes 5 minutes in boiling water to cover. Then add potatoes and

water they have cooked in to fat, add a bit more boiling water, perhaps 3-4 of a cup, then add liquor drained from bones, add fish, cover and simmer 10 minutes, covered. Then add milk and seasonings, including butter and crackers which have been soaking in enough cold milk to cover.

—Miss Farmer.

This is a substantial and appetizing meal in itself.

—Mrs. H. A. White.

MEATS

Man is a carniverous production,
And must have meats, at least one meal a day;
He cannot live like woodcocks, upon suction,
But like the shark and tiger must have prey;
Although his anatomical construction
Bears vegetables, in a grumbling way,
Your laboring people think beyond all question,
Beef, veal and mutton better for digestion.

—Byron.

ROAST TURKEY

Hang up a few hours before roasting, but if not convenient to do so, rub dry and grease all over thoroughly. Place turkey fat on the side uppermost in pan, place on a cloth large enough to cover turkey completely and fasten cloth. Place in roaster, add a little water, lay a piece of brown paper over to prevent browning too soon (if paper gets too brown change it). This method prevents having to baste the turkey. Start with moderate heat. In three or four hours it will be deliciously juicy and tender.

—Mrs. J. J. Haworth.

BRUNSWICK STEW

1 hen	1 tsp. tobasco sauce
2 pounds veal	1 tbs. Worcestershire sauce
4 hard-boiled eggs	2 tbs. salt
Sweetbreads from one hog	2 tsp. white pepper
1 can English peas	1 can corn
1 large onion	1 can mushrooms
2 cans tomatoes	1 cup butterbeans
1 bottle tomato catsup	1 cup cut okra

2 pounds butter

Put chicken and other meats on to boil in three (3) pints of water, cook until meat will be very tender. Remove bones, pull to pieces and return to the liquid.

Add tomatoes, okra, onions and seasonings. Cook slowly and thoroughly, stir often.

Fifteen (15) minutes before serving add English peas,

mushrooms, butter and diced hard-boiled eggs. One cup of diced olives is liked by many, these to be added the last minute.

For a large 'cue use six (6) times this recipe.

This is a famous Macon recipe and I do not believe a better one can be found anywhere.

A Macon Lady, Macon, Ga.

RABBIT STEW

Divide two rabbits in quarters, let soak over night in salt water, flour them and fry in butter; then put them in a stew-pan with a pint of water and some butter, season with pepper, salt and a little sage. Cover close, and let stew until tender; then take the rabbit out in a deep dish, thicken the gravy with flour, and pour over the rabbit.

——Mrs. W. L. Horney.

CHICKEN A LA KING

3 tbs. chicken fat
2 tbs. flour
1 cup chicken stock
1 cup milk
½ cup cream
1 tsp. salt
4 tbs. butter
2 cups chicken (diced)
1 cup mushrooms (saute')
¼ cup pimento
2 egg yolks

Melt fat, add flour, pour gradually the stock, milk and cream. Bring to the boiling point. Add salt, pepper, butter, chicken and pimento and mushrooms. Bring again to boiling point and add yolks of egg.

—Mrs. H. I. Coffield.

FRIED CHICKEN

1 chicken, young about 2 lbs. wt. or less
2 tsp. salt
½ tsp. pepper
Flour to dredge chicken
4 to 6 tbs. lard or snowdrift
1 tbs. butter

Dredge chicken in flour, pepper and salt well mixed. Have pan with lard or snowdrift, hot. Put in chicken and fry carefully, turning frequently. While this process is going on add butter. Be careful not to let fat get too hot, so that chicken may not be dark. It should be a golden brown. When done remove chicken. Then stir into the fat

in the pan one tbs. flour and add slowly nearly a pint of milk, stir carefully until it boils and then season to taste.

—Mrs. E. T. Harmon.

A CASSEROLE ROAST WITH VEGETABLES

Brown a thick piece of beef from the rump (about four pounds) on both sides in hot fat. Transfer to a casserole. Place around it carrots, turnips and onions cut into small bits. Add enough water or stock to cover the vegetables. Cover and cook very slowly for at least four hours—all day or all night is better.

FRIED CHICKEN

Dress, clean, and cut up a tender chicken as for fricassee. Sprinkle with salt and pepper and roll in flour or in cornmeal. Heat a frying pan very hot. Put in one-fourth cup butter and one-fourth cup bacon fat or lard; when hot, put in chicken and brown quickly on all sides. Reduce heat, cover, and cook until chicken is tender, time required being forty-five minutes to one hour.

—Miss Alice Bradley.

SMOTHERED CHICKEN

Select a 2 lb. young chicken, dress in the usual way, split down the back, wash and drain. Dredge with 2 tsp. salt, 1-8 tsp. pepper, place in pan, dredge with 3 tbsp. flour, dot over with butter, place in oven until well browned. Add 2 cups hot milk, cover and allow to cook slowly until tender. If the milk has cooked away so that there is not sufficient sauce left in the pan, an additional 1-2 cup of milk thickened with 1 tbsp. flour might be added.

—Mrs. F. R. Taylor.

CHICKEN PIE

Cut up a frying-size chicken, and parboil in water to cover until tender (about 1-2 hour). Line baking dish with a rich pie crust. Put in chicken and corn grated from three or four ears, pepper and salt to taste and 2 tbs. butter. If not enough gravy add milk. Make a gravy by

thickening water chicken was cooked in. Pour over chicken and cover with a top crust, brushed with milk. Bake.

—Mrs. Ann E. W. Peele.

PRESSED CHICKEN

1 chicken
Chicken broth boiled down to 1 pt.
¼ box granulated gelatine
5 hard boiled eggs, grated fine

Boil chicken until it comes off the bones easily and chop or grind it fine and season with salt and pepper. Add to broth 1-4 box gelatine which has been soaked in 1-4 cup cold water, boil and pour over chicken, mixing well. Place in a dish 3 or 4" deep a layer of chicken, then another layer of egg and so on, making last layer of chicken. Press down well and smooth nicely and chill. When cold slice carefully in thin slices.

—Mrs. Allen Blair.

BAKED YOUNG CHICKEN

Cut up chicken as for frying. Roll in melted butter and flour, salt and pepper. Place in covered roaster and add 1 1-2 cups boiling water. Roast for 1 1-2 hours. Serve with gravy.

—Miss Belva Calloway.

BEEF LOAF

3 lbs. lean beef
¼ lb. salt pork
1 cup cracker crumbs
3 eggs
2 tsps. salt
1 tsp. pepper
Sage to taste
Butter to baste, 1 tbs.
8 cups boiling water

Grind meat, add to it cracker crumbs, eggs well beaten and seasoning. Mix well and pack tightly in a small bread pan which has been well greased, sprinkle crumbs over top and bake 2 1-2 hours and baste while baking with butter dissolved in boiling water. When cold turn out of pan and slice.

—Mrs. W. L. Horney.

BEEF LOAF

2 lbs. round steak, ground
¾ cup of bread crumbs
1 egg
½ cup of milk
Butter size of small egg
Pepper and salt to taste

Work well together, make into a roll and bake about one hour.

Sauce for Beef Loaf

¼ can tomatoes, cut fine
1 tsp. of butter
1 pt. of water

Pour in pan around the loaf. When nearly ready to take from oven thicken sauce with a little flour.

—Mrs. O. E. Mendenhall.

BROWNED HASH

1 cup meat
1 cup mashed potatoes
1-3 cup boiling water
4 tbs. fat
Salt and pepper
Onion juice
Chopped parsley

Spread mixture smoothly in a frying pan in which 1 tbsp. of fat has been heated. Cook over moderate heat so that it will brown slowly. Cook about 1-2 hour and do not stir. Fold like an omelet.

The same mixture may be made into small cakes and browned in the same way. —Mrs. F. R. Taylor.

VEAL CUTLETS

1 lb. veal steak or cutlets
1 tsp. salt
1-8 tsp. pepper
2 tbs. butter

Remove bone and skin and tough membrane. Cut into pieces for serving. Season veal with salt and pepper and dredge with flour. Place butter in pan. When hot, add the cutlets. When well browned, place in a double boiler and put the following ingredients in the pan:

2 tbs. butter
3 tbs. flour
½ tsp. salt
1-8 tsp. pepper

1 1-2 cups of water or stock made from the bones and tough pieces. Brown the butter and flour, add seasoning and water or stock, cook until smooth, and pour over the cutlets, and allow to cook for 1 hour at a low temperature.

—Mrs. F. R. Taylor.

BROWN ROAST

Take a four or five pound cut of round steak. Brown on both sides in frying pan in enough fat to keep from burning. Then place in roaster and add pepper and salt. Slice an onion and brown slightly in fat remaining in the pan; remove onion to roaster and then brown 1 heaping tbs. flour and then add to it 1 pt. cold water. Pour over the beef, cover and bake for about two hours in the oven.

—Mrs. E. T. Harmon.

HAMBURG STEAK

1 lb. chopped meat
1 tsp. salt
1 slice of bread soaked in warm water
1 tsp. onion juice
1 tsp. chopped parsley
1-8 tsp. pepper

Mix the seasonings and bread well with the meat, form into small cakes and broil or pan broil. Garnish with parsley and serve hot.

—Mrs. J. S. Worth.

PHILIPPINE ROAST

1½ lbs. ground steak
½ lb. fresh lean pork, ground
1 green pepper
1½ tsp. salt
¼ tsp. pepper
1 small onion
1 cup soft bread crumbs
1 egg
3 thin slices bacon
2 cups canned tomatoes

Combine all ingredients except last three, add egg slightly beaten and mix thoroughly. Form into a loaf, place in roasting pan lay bacon on top and pour tomato around the roll. Bake at 400 degrees for 1 1-2 hours, basting frequently with the tomato. Remove to a hot platter and serve with a gravy made from juices in the pan.

—Mrs. W. T. Saunders.

SAUCE FOR MEAT

1 pint of vinegar
4 tsp. flour
2 tsp. black treacle (molasses)
1 small tin mustard
½ oz. pickling spice
2 tsp. sugar
1 tsp. salt.

Mix all together and simmer for twenty minutes and bottle when cold.

——Mrs. Norman Fidler.

SPANISH STEAK

2½ lbs. round steak (2½" thick.)
½ pint sliced onions
1 pt. sliced tomatoes
1 cup grated cheese
½ cup butter
Salt and pepper.

Put steak in roaster—add layer of onions, then tomatoes, butter, pepper and salt. Cook 1 1-2 hours. Take from oven and put grated cheese on top and brown. Serve hot, with milk or water gravy.

—My Mother's Recipe, Mrs. Arthur Lyon.

HAM PIE

(A good way to use the last of a baked or boiled ham) Cut ham from bone and stew with a little water. Make pastry as for chicken pie using two crusts. Put in ham with gravy in which it was boiled. Season with pepper and butter and also add a sliced hard boiled egg or two. Cover with top crust and bake.

—Mrs. C. F. Tomlinson.

HAM TIMBALES

2 tbs. butter or oil
¼ cup stale bread crumbs
2-3 cup milk
1 cup chopped ham
½ tbs. parsley chopped
2 eggs
Pepper

Add crumbs and milk to melted butter or oil and cook 5 minutes stirring constantly. Add ham, parsley and eggs slightly beaten. Season. Pour into individual buttered molds and cook in oven, setting molds in pan of boiling water. Bake 20 minutes. May be served with or without a white or Bechamel sauce as desired.

Chicken may be substituted for ham, but in that case add salt.

—Mrs. H. A. White.

OLD VIRGINIA SMITHFIELD HAM RECIPE

Soak ham twenty four hours in plenty of water to which has been added one-half cup black molasses, one-half pound brown sugar, handful of all spice. Take out of this water and put into fresh water to which has been added the same amount of molasses, brown sugar and few cloves. Let boil

slowly for hours. Allow ham to remain in this water until cold (about two hours). Then pull off skin and put in baking pan, taking cloves out of water and sticking in the ham. Put in just a little brown sugar, molasses and water. Bake about three-quarters of an hour basting all the while.

—Mrs. C. F. Tomlinson.

MEAT AND HAM ROLL

1 lb. of steak
½ lb. ham
¼ lb. bread crumbs
1 egg
Seasoning

Put steak and ham through food chopper, mix with bread crumbs and seasoning, bind with egg, and steam for three hours.

—Mrs. Norman Fidler.

FRIED SWEETBREADS

Parboil sweetbreads, dip in flour well seasoned with pepper and salt, fry as one would chicken, or put in a well greased glass baking dish and baste with bacon fat in a hot oven until nicely browned.

CREAMED SWEETBREADS

Parboil sweetbreads in gently boiling water to which a teaspoon of salt and a teaspoonful of vinegar has been added. Pour cold water over sweetbreads when tender drain and put aside to cool. Break into small pieces and heat in a rich white sauce.

SCALLOPED SWEETBREADS

Put creamed sweetbreads in a baking dish and sprinkle slightly buttered crumbs over top and bake.

—Mrs. H. A. White.

APPLE AND PORK ROAST

Season 1 lb. pork cutlets with salt and pepper. Pare and core six tart juicy apples, add juice and rind of two lemons. Stew apples with sugar and nutmeg to taste. Place layer of pork on bottom of baking dish, then a layer of apple and so on. Cover with pastry and bake.

—Miss Belva Calloway.

Recipes for Leftovers

PORK APPLES

1½ cups cold chopped pork
4 medium sized apples
1 tablespoon butter
½ teaspoon salt
⅛ teaspoon pepper

Core apples and scoop out centers. Fill centers with chopped pork and a small amount of chopped apple seasoned with salt and pepper. On top of each apple place a small piece of butter. Bake for thirty minutes in a moderate oven, basting from time to time.

PORK SAVORY

2 cups chopped pork
2 tomatoes
½ bay leaf
Cayenne
½ cup stock
5 medium sized potatoes
¼ cup milk
½ teaspoon salt

Cook together the stock, bay leaf, and tomatoes. Add chopped pork. Pare potatoes, boil, mash, and add hot milk and salt. Reheat, put on a platter as mounded border, filling the center with the pork mixture.

PORK TURNOVERS

1¼ cups chopped pork
1 tablespoon butter
2 tablespoons flour
½ cup milk

Crust

½ teaspoon salt
1½ cups flour
3 tablespoons butter
2 teaspoons baking powder
½ cup milk

Melt butter, add flour, and stir until blended, add milk and cook until thickened. Add pork, and season with salt and pepper.

For the crust, sift together the salt, and baking powder, rub in the butter, and add the milk, making a dough which can be rolled rather thin. Cut into circles the size of an ordinary saucer. Put meat on one side of circle and fold over the other side, pressing the edges of the dough closely together. Bake in a very hot oven for about fifty minutes.

Calories 1633 Number of servings 8 turnovers

SCRAPPLE

1 cup pork, cut into small pieces
2 cups stock cleared and seasoned
1 cup corn meal
3½ cups water, boiling
1 teaspoon salt
1 tablespoon Crisco

Pour corn meal slowly into boiling, salted water. Cook for three hours. Add pork and put into greased baking powder cans. The next day remove from can, slice thinly, dip in flour, and saute with the Crisco.

Calories ------992 Number of servings----4

MEAT POTATO PIE

1 cup chopped roast pork
1 cup mashed potato
2 tablespoons milk
2 tablespoons butter
1-3 cup bread crumbs
1 teaspoon fat
1 teaspoon flour
¼ cup stock
2 tablespoons Chili sauce

Melt fat, add one teaspoon flour, and stir until blended; add stock and cook until thickened. Add Chili sauce and pork. To the mashed potatoes add milk and butter Place the pork mixture in a baking dish, cover with mashed potato, and sprinkle with bread crumbs. Bake in a moderate oven 10 minutes. —Teacher's College, N. Y.

VEAL SALAD

1 cup veal, cut into cubes
½ cup celery
¼ cup sliced olives

Chill thoroughly. Pour over the mixture a dressing made of four tablespoons olive oil, two tablespoons lemon juice, one-half teaspoon salt, and one,eighth teaspoon pepper.

Calories ..... 650 Number of servings 4

JELLIED VEAL

2 cups veal, cut into cubes
2 cups stock, cleared and seasoned
3 tbs. granulated gelatine
½ cup cold water
1 cup celery
2 hard-boiled eggs
Parsley for garnish

Soak gelatine in cold water for five minutes, add hot stock and stir thoroughly. Cool. When about the consistency of a thick syrup add veal and celery. Garnish mold with hard-boiled eggs cut into fancy shapes, and parsley; dip these decorations into a little dissolved gelatine before

placing in mold, so that they will stay in place. Put veal mixture into mold and chill.

Calories ------758 Number of servings ------4 large

VEAL MOUSSE

2 tablespoons gelatine
4 tablespoons cold water
1 cup hot stock
¼ teaspoon salt
¼ teaspoons paprika
3 egg yolks
½ cup almonds
1 cup veal
1 cup heavy cream
Cayenne

Soak gelatine in cold water for five minutes. Beat egg yolks slightly add salt, paprika, and stock. Cook over hot water, as a custard, until the mixture begins to thicken. Add soaked gelatine, and stir until dissolved. Cool, until of a thick syrup-like consistency; fold in the whipped cream. Add veal, cut into small bits, and almonds. Put into individual molds, and chill until firm.

Calories ----1623 Number of servings ---- 7 molds

MOCK LAMB CHOPS WITH RISOTTO

2½ cups cold lamb, finely chopped
2 eggs
1 cup stock
4 tablespoons butter
⅜ cup floor
1 teaspoon lemon juice
½ teaspoon salt
⅛ teaspoon pepper
½ cup rice
1 can tomato soup
1-3 cup grated cheese
½ cup crumbs, fine and white
Crisco for deep fat frying

Melt butter, add flour, and stir until well blended. Add stock, and cook until the mixture thickens, add lemon juice, salt and pepper, and meat. Spread on a platter to cool. When cold form into shape of chops, dip into crumbs, egg and crumbs, and fry in deep fat. Drain on unglazed paper.

Cook rice in one and one-half quarts of boiling salted water. Drain, add tomato soup, and place in a mound in the center of a platter. Sprinkle with cheese. Arrange the mock chops around the mound of rice. Garnish with parsley.

—Teacher's College, N. Y.

VEGETABLES

Better is a dinner of herbs where love is than a stalled ox and hatred therewith. Proverbs 15:17.

SCALLOPED TOMATOES

1 can tomatoes
1 small onion
2½ tsp. salt
¼ tsp. pepper
3 cups buttered crumbs

Stew the tomatoes with the seasoning and onion slowly, uncovered, for 1 hour. Cover bottom of baking dish with buttered crumbs, put in tomatoes, and cover with remainder of crumbs. Bake 20 minutes in a moderate oven

—Mrs. F. R. Taylor.

DEVILLED TOMATOES

Large, firm tomatoes cut in ½" thick slices, sprinkle with flour on both sides and broil.

Pour over them the following sauce and serve at once.

Yolk of hard boiled egg
One whole egg
1 tbs. vinegar
1 tbs. melted butter
1 tsp. sugar
1 tsp. salt
½ tsp. mustard
¼ tsp. cayenne

Rub egg yolk with vinegar and butter and blend with seasonings and boil for one minute, then pour on a well beaten egg. Keep hot in a double boiler while broiling the tomatoes.

—Mrs. Thurber.

STUFFED BAKED TOMATOES

6 tomatoes
3 tbs. grated cheese
1 cup of bread crumbs, (biscuit, light bread and very little corn bread)
2 level tbs. of sugar
1 rounded tbs. of butter
1 level tsp. of salt
1 small onion, cut fine
¼ tsp. celery seed
Black pepper to taste

Select smooth, medium sized tomatoes. Slice about one-half inch off stem end of each. Carefully remove meat of tomato with spoon, discarding hard parts around stem.

Chop fine. To this add bread crumbs, onions and other ingredients. Mix well and put into tomato shells. Bake in moderate oven forty-five minutes to one hour. Sprinkle grated cheese over each fifteen minutes before removing from oven. Serve hot or cold.

—Mrs. J. C. Hill.

BAKED TOMATOES

6 tomatoes
2 cups soft bread crumbs
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon butter

Wash tomatoes and cut off stem ends; remove pulp from center and fill with bread crumbs seasoned with salt and pepper, and place small piece of butter on each. Bake in hot oven 30 minutes. The pulp may be seasoned to taste, cooked in the pan and served as a sauce.

—Miss Mamie Farlow.

BAKED OKRA

1 doz. small pods of okra
4 tomatoes
2 tbs. vinegar
1 tsp. salt
½ tsp. black pepper
1 cup water

Slice okra with tomatoes and place alternately in baking dish. Add salt pepper, vinegar and water; cover and bake until okra is thoroughly done.

—Mrs. H. I. Coffield.

ASPARAGUS SUBSTITUTE

Spring onions with about 8" of the tops, cook in boiling salted water about 30 minutes and serve with butter on toast or with white sauce.

—Mrs. H. A. White.

SUGARED SWEET POTATOES

Boiled sweet potatoes
Water
Sugar, cinnamon, salt and butter

Place potatoes sliced lengthwise, in buttered baking dish, sprinkle generously with sugar and cinnamon and a little salt, dot with butter. Add water to half cover and bake until brown, basting often. Instead of basting the

dish may be covered until nearly done, and then uncovered to brown.

—Mrs. Allen Blair.

POTATO CAKE

6 cups mashed white potato
1-3 cup butter
3 eggs, separated
½ cup sugar
2 cups fresh cut corn pulp
½ tsp. salt
Dash of pepper
A few gratings of nutmeg

Cream potato, add butter, nutmeg and egg yolk, beat thoroughly, add corn, stir well and lastly fold in stiffly beaten whites of eggs. Bake in a shallow pan.

This will serve generously 8 people.

—Miss Harriet Tomlinson.

FRIED ONIONS WITH APPLES

4 onions
3 large tart apples
2 tbs. drippings
½ tsp. salt
½ cup water

Heat drippings in a frying pan and slice onions into it. Cook slowly until nearly tender, then add apples, sliced, then water and salt. Cover and cook until the apples are soft. Remove cover and cook until water is gone, and onions and apples are ligtht brown. Serve hot. Enough for 3 persons.

—Mrs. W. T. Saunders.

BAKED ONIONS

Boil onions of uniform size in salt water until tender. Place in baking dish, fill cavity between onions with a cream sauce, cover with bread crumbs and a generous amount of butter and a little pepper. Place in hot oven until brown.

Delicious with a beef roast.

—Mrs. W. L. Horney.

ASPARAGUS LOAF

2 cups of cut asparagus
1 cup of hot cream
1 egg, cooked
1 tbs. butter
1 tsp. salt
½ cup bread crumbs

Cut the asparagus in 1 inch pieces. Add cup of hot cream to the asparagus, egg slightly beaten, melted butter

and salt. Stir bread crumbs in slightly. Put the mixture in a baking dish and bake until a golden brown.

—Mrs. H. A. Tomlinson.

HASHED BROWN POTATOES

¼ cup breakfast bacon fat
3 cups cold potatoes, diced
1-16 tsp. pepper
½ tsp. salt
2 tsp. finely chopped parsley

Mix potatoes with fat, cook 3 minutes, stir occasionally, let stand to brown underneath, fold as omelet, and turn out on platter and garnish with parsley.

—Mrs. F. R. Taylor.

STUFFED POTATOES

6 medium sized potatoes
3 tbs. butter
½ cup hot milk
¾ tsp. salt
⅛ tsp. pepper

Bake the potatoes, cut lengthwise, take out the contents and season. Mash thoroughly, add hot milk with butter melted in it, beat until light, return to skins, grate a little cheese over the top, bake for 10 minutes, or until brown.

—Mrs. F. R. Taylor.

POTATO PUFF

2 cups mashed potatoes
1 tsp. salt
¼ tsp. pepper
⅛ tsp. celery salt
2 tbs. butter
2 tbs. parsley, chopped
2 eggs
¾ cup milk

Add all the ingredients except eggs to potato. Beat yolks of eggs until light, and add to potato. Beat the whites and fold in last. Put in a buttered baking dish and bake until firm and brown in moderately hot oven.

—Mrs. F. R. Taylor.

LYONNAISE POTATOES

1 cup cold boiled potatoes
1 small onion
1 tablespoonful butter
1 tablespoonful parsley

Dice potatoes. Chop onion fine and fry in butter until a delicate brown. Turn in potatoes and heat. Just before serving add chopped parsley. —Mrs. J. W. Clinard.

HOME MADE HOMINY

Shell six large ears of white corn. Place in 1 gal. of water. Add 2 1-2 tablespoons of baking soda. Boil corn until hull is easily removed. Wash thoroughly in five or six waters. Cook in granite vessel until tender.

If water looks yellow, drain off and add clear water. Boil again.

—Aunt Lizzie Starbuck.

FRIED OR STEWED CORN

6 ears tender, fresh corn
1 level tsp. salt
Black pepper to taste
1 heaping tbs. flour
2 tbs. bacon fat or butter

Cut corn from cob. Add all ingredients except bacon fat or butter. Mix well. Add enough cold water, or sweet milk and water, to make a soft mixture. Have frying pan hot with the bacon fat or butter. Turn corn mixture in and stir constantly until it begins cooking well. This should cook not longer than fifteen or twenty minutes.

—Mrs. J. C. Hill.

SPINACH SOUFFLE

2 cups cooked spinach, drained and well mashed
2 eggs, beaten separately
1 tbs. melted butter
Salt to taste
1 tbs. lemon juice

Mix and fold in stiffly beaten egg whites last. Bake in a moderate oven.

—Mrs. J. D. Cox.

CREAMED SWEET POTATOES

Boil sweet potatoes until well done, peel, put through a potato masher. Season with butter and sugar. Add seedlss raisins and fresh grated cocoanut. Put in baking dish, cover with marshmallows, and put in oven to brown.

—Mrs. A. S. Parker.

CREAM CABBAGE

One small head of cabbage
Boiling salt water

Shred fine the cabbage. Cook fifteen minutes in boiling salt water. Drain and place in baking dish, alternately,

with white sauce, pepper, salt and butter. Cover top with buttered bread crumbs and bake until brown.

WHITE SAUCE

2 tbs. flour 2 tbsp. of butter
1 cup of sweet milk, scalded

Melt butter. Add flour and rub until smooth. Add milk slowly, stirring constantly to avoid lumps. Cook until creamy. Add pinch of salt.

—Mrs. Molly S. Lowe.

SALADS

Oh, herbaceous treat!
'Twould tempt the dying anchorite to eat;
Back to the world he'd turn his fleeting soul
And plung his fingers in the salad bowl;
Serenely full the epicure would say
"Fate cannot harm me, I have dined today."
—Sidney Smith. (A Recipe for Salads.)

VEAL SALAD

Veal, celery and lettuce. Cook veal until thoroughly tender, with salt and pepper in water to taste. Cut in small cubes and add half as much celery cut in cubes, mix with dressing and serve on lettuce.

In place of celery one may substitute chopped pickles and celery seed. —Miss Stella Anderson.

CHICKEN SALAD

1 large chicken
3 bunches celery
3 eggs
3 sour pickles
¾ tbs. ground mustard
2 tbsp. chicken oil
2 tbsp. melted butter
½ tbsp. sugar
½ teacup vinegar

Break eggs separately, after beating yolks, add oil beating in a little at a time, then butter in the same way. Then the stiffly beaten whites, mustard, sugar and salt after first mixing thoroughly in a little water, then the vinegar. Cook in double boiler until very thick stirring constantly. Set aside to cool. Mix all thoroughly in this dressing and serve. One-half gallon serves 28 plates.
—Mrs. Gurney Kearns.

MEXICAN SALAD

4 ears corn
2 large tomatoes
2 eggs
¼ can pimento (or bell pepper)
½ teaspoon salt
Dash of pepper and paprika

When all the foregoing ingredients are well mixed, add

a tablespoonful of flour mixed to a paste with four tablespoonfuls of milk. Grease muffin pans and pour mixture into them. Bake until well set, then chill thoroughly and turn out on lettuce leaves. Serve with a mayonnaise or boiled dressing to which you leave added finely chopped parsley and a small pickle. —Mrs. H. I. Coffield.

GINGER ALE SALAD

3 tbs. gelatine
1¼ cups ginger ale
1¼ cups boiling water
½ cup pineapple
½ cup celery
½ cup apple
½ cup California grapes
½ cup crystallized ginger
¼ cup cold water
3 tbs. sugar
3 tbs. lemon juice

This will serve 10 or 12 nicely.

Dissolve gelatine in cold water, then add boiling water, sugar, ginger ale and lemon juice and set aside in mold to harden. Before it gets firm, add fruits, celery and ginger.

Serve on lettuce leaves with mayonnaise, preferably with whipped cream added. Two cups of grape fruit pulp may be substituted for grapes. —Mrs. G. H. Kearns.

CUCUMBER JELLY

1¾ cup of cucumber pulp
1 tbs. gelatine
¼ cup of lemon juice
1 cup of boiling water
½ tsp. salt
Few drops onion juice

To prepare the cucumber pulp, pare the cucumbers and grate; strain through a colander and press through as much liquid as possible. Add the lemon juice, salt, and onion juice. To prepare the gelatine, add the water to the tablespoon of gelatine. Add this to the juice. Turn into molds wet with cold water. When firm, unmold and serve upon a lettuce leaf with or without salad-dressing.

—Mrs. H. A. Tomlinson.

CREAM SLAW

1 small head cabbage
1 cup vinegar
1 tbs. sugar
Butter size of egg
1 cup sour cream
1 egg
1 tbs. flour

Put vinegar, sugar and butter in a sauce pan and let

boil, stir egg, cream and flour well mixed into vinegar. Boil until thick. Pour over cabbage which has been chopped fine and previously seasoned with salt and pepper.

—Miss Elva J. Blair.

COMBINATION SALAD

2 tbs. granulated gelatine
½ cup cold water
1 lemon, juice and grated rind
½ cup vinegar
1 tsp. salt
2-3 cup sugar
2 cups boiling water

Soak gelatine in cold water then dissolve in boiling water, add sugar, salt lemon and vinegar, and cool. Then add

1½ cups cabbage, cut fine
1½ cups celery, cut fine
½ cup sweet red pepper, cut in shreds or pimento
½ cup nuts

Put into mold and set in refrigerator to harden.

—Mrs. J. J. Haworth.

FROZEN FRUIT SALAD

Mayonnaise made of 1 qt. Wesson Oil, 2 egg yolks, lemon juice and salt to taste.

Drain the following fruits well and add to the dressing:

1 can sliced apricots
1 can sliced pineapple, cube
1 grape fruit, cut in pieces and drained of juice.
1 can white cherries, seeded

Put in mold and pack in solution of three parts ice and one of salt for 4 hours.

—Mrs. A. S. Parker.

MOCK LOBSTER SALAD

2 cups cold flaked boiled haddock or
1 can fish flakes
2 tbs. chopped pimento
1 tsp. salt
1 tsp. paprika
2 tbs. lemon juice
2 cups chopped celery
1 cup boiled salad dressing

Mix all but last two ingredients lightly with a fork and let stand half an hour. Then add chopped celery and salad dressing and serve on lettuce.

—Miss Alice Bradley.

IRISH FOLLY

Make balls of mashed potato or cold boiled potato with potato ball knife. Dip into Mayonnaise and roll in grated onion and minced egg. Dip again in Mayonnaise and roll in fine cut parsley and pickles. Serve on lettuce and decorate with pimento.

—Miss Alice Bradley.

STUFFED TOMATO SALAD

1 cup of cut up celery
½ cup of English walnuts
6 small round tomatoes
½ cup of mayonnaise

Peel the tomatoes and scoop out as much of the inside as possible, after cutting a round hole in stem end, make a salad with celery, cut up walnuts and mayonnaise and fill the tomatoes letting it stand up well on top.

—N. C. Federation of Women's Clubs.

BANANA AND PEANUT SALAD

3 bananas
6 tbs. lemon juice
2 tbs. chopped peanuts

Peel and cut bananas into halves lengthwise. Place one-half banana on a lettuce leaf and pour over it a tablespoon of lemon juice. Sprinkle each half with a teaspoon chopped peanuts.

PRUNE AND PEANUT BUTTER SALAD

24 prunes
¼ cup peanut butter
¼ cup celery, cut fine
Salad dressing to moisten

Soak the prunes over night in water to cover. Cook slowly until tender and all the liquid has been taken up by the prunes. Cut prunes and remove stones. Mix the peanut butter, celery and salad dressing and stuff the prunes. Serve on crisp lettuce leaves with French dressing.

SALMON SALAD

1 can salmon
1 egg
1 tbs. flour
1 tbs. sugar
4 tbs. vinegar
½ tsp. salt
½ tsp. prepared mustard
1 tbs. butter
½ cup condensed milk

Break the egg in a small sauce pan, beat slightly,

add the flour, sugar and salt, thoroughly mixed, and beat until smooth. Cook until it begins to thicken, stirring constantly; add the butter then the vinegar and mustard. Cook until thick. Thin with 1-2 cup of evaporated or condensed milk. Add the salmon which has been picked into fine bits. A chopped cucumber added improves the flavor.

This may be served hot on crackers or thin slices of buttered toast or used cold as sandwich filling.

—Miss Ida E. Millis, Guilford College.

SALMON SALAD

1 can salmon
Onion, if liked
1 large cucumber pickle

Remove skin and bones from salmon, break into small pieces, chop up the pickle and add few gratings of onion.

Pour over this the following dressing when dressing has become very cold.

DRESSING

1 cup vinegar
1 tsp. butter
2 eggs, well beaten
1 tsp. mustard
½ tsp. salt
1 tsp. sugar
Dash of cayenne

Heat vinegar and add eggs and seasonings and cook until it begins to thicken, stirring constantly. Best to do this in a double boiler. If too thick, thin with milk or cream.

—Mrs. S. P. Chandler.

PINEAPPLE SALAD de LUXE

1 small can sliced pineapple cut in dice
½ cup shelled English walnuts or pecans, cut in pieces
½ cup malaga grapes, with skins and seeds removed
½ cup marshmallows, cut with wet scissors in quarters.

DRESSING

Pineapple juice with enough water to make 1 cup
Juice of 1 lemon
1 egg yolk
½ cup sugar
1 tbs. corn starch

In double boiler heat liquids, add corn starch and sugar mixed and dissolved in 2 tbs. cold water. Stir until thick-

ened and then occasionally for 10 minutes add egg yolk well beaten and cook a few minutes longer.

To Serve

Marinate salad ingredients with whipped cream, serve on lettuce and garnish with the dressing.

—Mrs. H. A. White.

CREAM CHEESE SALAD

2 cakes white cream cheese
1 envelope Knox's plain gelatin
1 cup boiling water
½ can pimento
½ cup chopped sweet pickle and olives (also chopped)
½ cup granulated sugar
Pinch of salt
½ tsp. onion juice
3 tsps. sharp vinegar
½ pt. cream, whipped

Mash cheese, dissolve gelatine in a little cold water then pour boiling water over it, shred pimento. Mix all ingredients, adding gelatine last. Pour into mold and when chilled and set, unmold and serve with French dressing or mayonnaise which has been thinned with whipped cream.

—Mrs. C. M. Hauser.

JELLIED TOMATO SALAD

2 tbs. granulated gelatin
½ cup cold water
1 pt. boiling water
½ cup vinegar
1 tsp. salt
1 can condesned tomato soup
¾ cup mayonnaise
1-3 cup sugar

Soak gelatine in cold water for 5 minutes. Dissolve it in boiling water then add sugar, salt, vinegar and soup. Pour into wet molds and set aside to chill. Serve on lettuce garnished with mayonnaise. This makes 10 individual servings.

—Mrs. W. T. Saunders.

SALAD DRESSINGS

Plain Boiled Dressing

1 egg
1 tsp. sugar
½ tsp. salt
1 tbs. flour
¾ cup milk
¼ cup vinegar
Dash of pepper
2 tsps. butter

If preferred may omit flour and use 2 egg yolks.
If liked add 1 tsp. mustard.

Mix dry ingredients, add egg slightly beaten, then butter and milk and vinegar last, a little at a time. Cook in double boiler until blended and thickened, stirring constantly.

—Mrs. J. D. Cox.

FROZEN TOMATOES

One can of tomatoes rubbed through a colander. Season with salt, pepper and little sugar. Freeze and serve with mayonnaise. If desired it can be moulded by putting in baking powder cans and packed in ice for three hours.

COOKED MAYONNAISE

2 tbs. flour
1½ tsp. salt
½ tsp. paprika
¼ tsp. mustard
¼ cup vinegar
2 tbs. oil
½ cup hot water

Cook in double boiler until smooth stirring constantly and then cook 10 minutes longer. Cool and add one egg yolks slightly beaten and gradually ½ cup of oil then fold in stiffly beaten white of egg if desired.

—Mrs. H. A. White.

COOKED MAYONNAISE

1 cup water
¼ cup vinegar
¼ cup flour
1 egg
Oil to make a thin paste about 2 tbs.
1 tsp. salt
½ tsp. mustard
1 cup oil

Mix flour and oil to make a thin paste; add to water and vinegar which have been scalded, cook until thick and smooth. Cool. Beat the egg and add salt and mustard, then add gradually the cooked mixture and next add 1 cup oil gradually. If inclined to curdle alternate a little vinegar or lemon juice with the oil.

—Mrs. Samuel Hodgin.

GOLDEN DRESSING

¼ cupful pineapple juice
¼ cupful orange juice
¼ cupful lemon juice
2 eggs
½ cupful sugar
½ cupful heavy cream

Heat fruit juices in a double boiler, beat the eggs

light, gradually adding sugar. Combine with the hot juice and cook like a custard until the spoon is coated. When thoroughly cold fold in the cream whipped stiff.

This dressing is suitable to serve with almost any fruit salad.

—Mrs. S. Halstead Tomlinson.

HOME SALAD DRESSING

2 eggs
¼ cup vinegar
¾ cup cream
1 tsp. flour
¼ tsp. mustard
1 tsp. sugar
1 tbs. butter
¼ tsp. salt
¼ tsp. soda in the cream
Few grains cayenne

Mix vinegar and mustard, then add all other ingredients except whites of eggs and salt. Cook in double boiler, stirring constantly until right consistency. Remove from fire and add whites of eggs beaten stiff with the salt.

—Mrs. S. P. Chandler.

BOILED DRESSING

2 eggs
½ tsp. mustard
3 tbs. vinegar
1 tbs. butter
½ tsp. salt
½ tbs. sugar
½ cup hot water
Few grains cayenne

Mix the dry ingredients and beat with the egg until light, add vinegar and water. Cook in a double boiler stirring constantly until smooth. Remove from fire, stir in butter and set away to cool.

—Mrs. Luther Barker.

PHILADELPHIA BROILED OYSTERS

30 oysters
1½ tsp. butter
1½ tsp. browned flour
¼ cup cream
¼ cup oyster juice
1½ tbs. butter
Salt and pepper

Wash, drain and dry oysters. Put 3-4 tsp. butter in pan. When brown add half the oysters. Cook until brown. Repeat with remainder of oysters. Remove the second batch of oysters and in same pan brown 1 1-2 tbs. butter, add

flour, then cream and oyster liquor. Then return oysters to pan and reheat.

—Mrs. C. T. Jarvis.

ESCALLOPED OYSTERS

Use crushed cracker crumbs—not too fine. Drain liquor from 1 qt. of oysters. Butter a deep dish and cover the bottom with crackers. Put in a layer of oysters, then a layer of crackers, then oysters; season as before and so on until the dish is full. Finish with crackers covered with bits of butter. Pour over all three cupfuls of hot milk. Bake about one half hour.

—Mrs. W. T. Saunders.

CHEESE

Digestive cheese and fruit—there sure will be.

SOME WAYS TO USE COTTAGE CHEESE IN MAKING TASTEFUL AND NUTRITIOUS DISHES

Cottage cheese is richer in protein than most meats and is very much cheaper. Every pound contains more than 3 ounces of protein, the chief material for body building. It is also a valuable source of energy, though not so high as foods with more fat. It follows that its value in this respect can be greatly increased by serving it with cream, as is so commonly done.

Cottage cheese alone is an appetizing and nutritious dish. It may also be served with sweet or sour cream, and some people add a little sugar, or chives, or chopped onion, or caraway seed.

The following recipes illustrate a number of ways in which cottage cheese may be served:

Cottage Cheese with Preserves and Jellies

Pour over cottage cheese any fruit preserves, such as strawberries, figs, or cherries. Serve with bread or crackers. If preferred, cottage-cheese balls may be served separately and eaten with the preserves. A very dainty dish may be made by dropping a bit of jelly into a nest of the cottage cheese.

Cottage-Cheese Salad

Mix thoroughly 1 pound of cheese, 1 1-2 tablespoonfuls of cream, 1 tablespoonful of chopped parsley, and salt to taste. First fill a rectangular tin mold with cold water to chill and wet the surface; line the bottom with waxed paper; then pack in three layers putting two or three parallel strips of pimento between layers. Cover with waxed paper and set in a cool place until ready to serve; then run a knife around the sides and invert the mold. Cut in slices and serve on lettuce leaves with French dressing and wafers.

Minced olives may be used instead of the parsley, and chopped nuts also may be added.

—U. S. Dept. of Agriculture.

CHEESE SAUCE

1 cupful milk
1 tbs. cottage cheese
2 tbs. flour
Salt and pepper to taste

Thicken the milk with the flour and just before serving add the cheese, stirring until it is melted.

This sauce may be used in preparing creamed eggs or for ordinary milk toast. The quantity of cheese in the recipe may be increased, making a sauce suitable for using with macaroni or rice.

CHEESE BALLS

Mix a quarter-pound of soft American cheese with one beaten egg, add a half-teaspoonful of salt, a dash of cayenne, and sufficient stale bread-crumbs to make a stiff paste. Form in balls the size of English walnuts, dip in beaten egg, roll in dry crumbs, and fry in hot fat. Serve hot with lettuce or cress salad.

CHEESE SOUFFLE

3 tbs. flour
3 tbs. buter
3 eggs
1 cup milk
1 cup grated cheese
Salt and pepper to taste

Put the butter and flour together in a sauce-pan and stir till blended without browning. Add the milk and stir till the mixture boils, then add the grated cheese, salt and pepper, and cool. Beat the egg yolks and whites separately; add the yolks to the mixture in sauce-pan, and blend well. Lastly fold in the whites beaten to a stiff froth and turn the whole into a deep, well greased dish. Bake in a moderate oven about thirty-five minutes, and serve at once as it soon falls.

—Mrs. Walter White.

BROWN RICE AND CHEESE

3 cups milk
2 eggs
2 cups boiled brown rice
2 cups grated cheese
1 tsp. salt
¼ tsp. paprika

Scald milk, add beaten eggs and other ingredients. Pour into buttered custard cups, set in a pan of cold water, and bake in a 350 F. oven until done, that is, until a silver knife inserted in the center of the custard comes out clean. Pimentos, if liked are an attractive addition. Serve hot.

Mrs. W. T. Saunders.

WELSH RABBIT

¼ lb. cheese
1 cup milk
1 egg
1 tbs. flour
1 tbs. butter
Dash of cayenne
½ tsp. salt

In a double boiler, heat milk. Cut cheese up rather fine and mix with egg well beaten, flour, cayenne and salt. Add slowly to hot milk, stir till smooth and slightly thick, add butter and remove from fire. Serve on toast or crackers.

—Mrs. H. A. White.

CHEESE FONDUE

1 cup bread crumbs
¾ cup milk
1 ½ cups grated cheese
1 egg
1 tbs. butter
½ tsp. salt
⅛ tsp. pepper

In double boiler cook crumbs and milk until smooth and thick, add butter, cheese, salt, pepper and cook a few minutes and remove from fire and add beaten egg yolk, then fold in stiffly beaten white of egg and bake in a buttered dish, in a moderately hot oven for 20 minutes or until brown on top.

—Miss Stella Anderson.

CHEESE FONDUE

1 tbs. butter
1 cup of milk
1 cup of bread crumbs
1 cup of grated cheese
2 eggs
Pinch of salt

Soak bread crumbs in milk until soft. Add grated cheese, melted butter and salt. Beat eggs until light and lemon colored, and stir into the mixture. Bake in a moderate oven.

—Mrs. H. A. Tomlinson.

SUPPER DISHES

Your supper is like the Hidalgo's dinner, very little meat and a great deal of table cloth.

—Longfellow.

SALMON LOAF WITH PEAS

1 can salmon
1 cup soft bread crumbs
1½ tsp. chopped parsley
½ tsp. salt
Pepper
2 eggs
1 tbs. lemon juice
¼ to ½ cup milk

Mix all the ingredients thoroughly adding enough milk to moisten. Pour into buttered bowl. Place in pan and surround with hot water. Bake in oven until the mixture is firm and slightly brown. Serve with thin white sauce with peas added.

—Mrs. Ruby Vuncannon.

CHINESE SUPPER DISH

2 cups boiled rice
2 tomatoes
1 cup diced or chopped meat
4 slices of bacon

Put rice well seasoned in baking dish leaving hole in center into which put the meat, arrange the tomatoes cut in quarters, radiating from the meat center, place the bacon strips cut in halves like stamens also radiating from center but on top of all. Bake and serve from baking dish.

—Mrs. H. A. White.

CORN FRITTERS

1 can corn
1 cup flour
1 tsp. baking powder
2 tsp. salt
¼ tsp. paprika
2 eggs

Chop corn, add dry ingredients mixed and sifted, then yolks of eggs beaten until thick, and lastly fold in stiffly beaten egg whites. Drop small spoonfuls in fresh hot lard in frying pan. Drain on paper.

—Miss Farmer.

CORN OYSTERS

Grate raw corn from the cobs. To 1 cup of this pulp add one well beaten egg, 1-4 cup flour and season highly with salt and pepper. Drop by spoonfuls and fry in deep fat or cook on hot well greased griddle. They should be made about the size of large oysters.

—Miss Farmer.

CORN CROQUETTES

Equal parts cooked corn and mashed white potato (not creamed). Drain liquid from corn, mix corn and potato working in a little flour and yolk of one egg. Add salt and pepper to taste. Shape into croquettes and fry in equal parts of lard and butter.

—Mrs. Allen Blair.

CORN PUDDING

1 qt. fresh corn, cut from cob
1 tsp. salt
¼ tsp. black pepper
3 eggs, slightly beaten
2 cups sweet milk
3 tbs. melted butter

Put all ingredients into greased baking dish and bake in moderate oven until firm.

—Miss Mamie Farlow.

CORN PUDDING

2 eggs
3 ears of corn, with kernels well-filled but not too old)
½ cup sugar (less sugar if sweet corn is used)
1 pt. new milk
Salt and papper to taste

With sharp knife split the kernels down through the middle and scrape the corn from the cob. Beat the egg, add the sugar, then the corn and thin with the milk. Salt and pepper to taste. Bake one hour.

—Miss Cora White.

CORN PUDDING

1 can corn
2 eggs
1 tsp. salt
2 tbs. melted butter
2 tbs. flour
1½ cups scalded milk

Beat eggs and add to corn, add salt and dash of pepper,

melted butter and flour blended with milk. Put in buttered pudding dish and bake in moderate oven until firm.

—Miss Ida E. Millis, Guilford College.

BAKED PEPPERS STUFFED

6 sweet peppers
½ cup rice or bread crumbs
1 onion
1 cup chicken, beef or other meat chopped fine
2 tomatoes

Mince onion and add to rice, meat, chopped tomato and season with salt and pepper to taste. Stuff peppers with mixture and put a little butter on top of each stuffed pepper. Stand upright in baking dish, pour around a little meat stock with fat in it and bake, basting frequently, until peppers are tender.

—Mrs. Banner Davis.

BANANA FRITTERS

1 cup flour
2 tsp. baking powder
1 tbs. sugar
¼ tsp. salt
1 egg
¼ cup milk
1 tbs. lemon juice
3 bananas

Beat egg well and add milk. Combine with dry ingredients sifted together. Add lemon juice and sliced bananas. Drop by small spoonful into deep fat and brown. Take up on brown paper. Serve hot with following sauce.

2 tbs. butter
1 cup sugar
1 tbs. flour
2 tbs. cold water
1 tsp. lemon flavoring or juice of ½ lemon
2 cups boiling water

Rub sugar, flour and butter together with cold water. Add boiling water and cook 2 or 3 minutes. Remove from fire and add flavoring.

—Mrs. Jos. T. Weaver.

SWEETBREAD PATTIES

1 pair sweetbreads
2 tbs. butter
2 tbs. flour
¼ tsp. salt
White pepper
Cayenne
1 cup cream
Five large mushrooms, or half as much canned mushrooms as sweetbreads.

Sweetbreads spoil very quickly. Remove from paper at once, soak in cold water 10 minutes, and parboil 15 minutes. Add salt 5 minutes before they are done. Put them in cold water for 15 minutes, then remove the tough portions. Cut sweetbreads into small pieces and chop mushrooms fine. Make a white sauce of the butter, flour, seasoning and cream. Add the sweetbreads and mushrooms, and when hot serve in patty dishes or timbales. If desired, the mushrooms may be omitted and twice as many sweetbreads used.

—Mrs. F. R. Taylor.

RED DEVIL ON TOAST

1 can Campbell tomato soup
1 can water
¼ lb. chopped cheese
2 eggs, beaten separately

Bring water and soup to a boil, then add cheese, yolks of egg and lastly fold in stiffly beaten whites of egg and serve on toast while very hot.

—Mrs. S. H. Tomlinson.

CREAMED PEANUTS ON TOAST

2 cups milk
1 cup finely ground roasted peanuts
1 teaspoon salt
1 teaspoon cornstarch
1 teaspoon onion juice
¼ cup chopped stuffed olives

Canned pimentos, chopped green peppers cooked until tender, or cooked celery are equally as good as stuffed olives.

Scald milk in the double boiler, reserving a tablespoon of cold milk to mix with the corn starch. Add with onion juice and other seasonings to the hot milk Let come to a boil and finish cooking over the double boiler. Add the peanuts the last thing before serving. Serve on toast.

Good for a luncheon dish.

BAKED BEANS

1 pt. navy beans
½ tsp. salt
¼ lb. salt pork ¼
1 cup water
1 tbs. molasses
¼ tsp. pepper

Soak beans over night adding a little soda. In morning drain off water and cook in warm water gently until skins

begin to burst. Drain off water, saving 1 cup. Add all other ingredients and bake in a slow oven for 5 hours.

—Miss Belva Calloway.

MACARONI AND KIDNEY BEANS

1 cup macaroni
1 tsp. salt
1 qt. water
½ pt. cream tomato sauce
1 can or 1 pt. cooked kidney beans

(Meat substitute.)

Break the macaroni into 1 inch pieces, cook in boiling salted water until macaroni is soft. When soft drain and pour a cup of cold water through it.

Prepare a cream tomato sauce as follows:

2 tbs. flour
2 tbs. butter
¾ cup of milk
½ tsp. salt
¼ cup strained tomato

Heat the milk to scalding, rub butter and flour together and pour slowly into hot milk. Set over flame and cook for five minutes. Add strained tomato, the macaroni, and kidney beans. When this is thoroughly heated, drain into a vegetable dish and serve.

—Mrs. F. R. Taylor.

MACARONI

¼ lb. macaroni
2 cups. sauce for vegetable
1 cup grated cheese
2 cups buttered crumbs

Break macaroni into 1 inch pieces. Cook in a large amount of boiling salted water; when tender pour into a colander and run cold water through it. Make the sauce, add the cheese and macaroni to it, and pour all into a buttered baking dish, cover with the crumbs, and bake until brown. —Mrs. F. R. Taylor.

BAKED OATMEAL AND NUTS

2 cups cooked oatmeal
1 cup crushed peanuts
½ cup milk
1 tsp. vinegar
¼ tsp. pepper
2½ tsps. salt

Mix together and bake in a greased pan 15 minutes. This is enough for five people. —Gov't Bulletin.

CAKE

When you see your cake light as eider down
And each one done to a golden brown
You'll wonder much as you eat, I wis
If Hymettus honey was better than this."

WHITE FRUIT CAKE

12 eggs (whites only)
1¼ lb. flour
1 lb. sugar
¾ lb. butter
1 whole cocoanut
½ lb. crystallized citron
¼ lb. crystallized orange peel
¼ lb. crystallized lemon peel
½ lb. almonds
½ lb. butternut
1 lb. crystallized pineapple
½ lb. crystallized cherries
1 tsp. vanilla
1 tsp. baking powder

Cream butter and sugar together, add beaten whites of eggs, milk and flour, then spices, then fruits rolled in flour.

—Mrs. G. H. Kearns.

SPICE CAKE

2 cups brown sugar
1 cup butter
1 cup buttermilk
3 cups flour
4 eggs
1½ tbs. cinnamon
1½ tbs. cloves
1 tsp. allspice
Nutmeg
1 tsp. vanilla
1 tsp. soda dissolved in a little warm water

Put together with boiling icing.

—Mrs. G. H. Kearns.

SPONGE CAKE

(Easy, inexpensive and sure).

3 eggs
3 soupspoonfuls water
1 cup sugar
1 cup sifted flour

Beat the egg whites stiff and dry, add half the sugar at intervals beating all the time.

Beat egg yolks and water until stiff and lemon colored, then add half the sugar gradually beating all the time.

Unite the mixtures, still beating and lastly fold in the flour. Bake in a well greased and floured pan, 45 minutes in a slow oven.

—Miss Mary S. Paige

GINGERBREAD

1-3 cup Crisco
½ cup sugar
½ cup molasses
2 ozs. chocolate, melted
1 cup thick sour cream
2 cups flour
½ tsp. salt
1 tbs. ginger
1 tsp. cinnamon
¼ tsp. cloves
1 tsp. soda
1 tsp. baking powder

Cream Crisco, beat in sugar, molasses, chocolate and milk, then add other ingredients which have been previously well sifted together.

—Mrs. J. J. Haworth.

SCRIPTURE CAKE

4 1-2 cups 1st Kings, Chap. 4, 22nd verse; 1 cup Judges, Chap. 5, verse 25, last clause; 2 cups Jeremiah, Chap. 6, verse 20; 2 cups 1st. Samuel, Chap. 30, verse 12; 2 cups Nahum, Chap. 3, verse 12; 2 cups Numbers, Chap. 17, verse 8; 2 tablespoons 1st Samuel, Chap. 14, verse 25; a pinch of Leviticus, Chap. 2, verse 13; 6 of Jeremiah, Chap. 17, verse 11; 1-2 cup Judges, Chap, 4, verse 19, last clause; 2 teaspoons Amos, Chap. 4, verse 5. Season to taste with 2nd Chronicles, Chap. 9, verse 9.

—Mrs. Arthur Lyon.

HALF POUND CAKE

1 cup butter
1½ cups flour
¾ tsp. baking powder
½ tsp. mace
5 eggs
1 1-3 cup sugar
½ tsp. vanilla

Cream butter thoroughly, add flour, baking powder and mace sifted together previously. Beat well. Select five eggs of uniform size. Beat separately. When yolks are beaten thick and lemon colored, add sugar. Combine mixtures beating continuously. Beat whites of egg until stiff and dry, then fold into. Contrary to usual method when egg whites are added continue beating until mixture re-

sembles thick hard sauce. Bake in a moderate oven.

"Good Housekeeping," tested and proved by

—Mrs. H. I. Coffield.

"OLD FASHIONED" POUND CAKE

12 eggs
Wt. of 12 eggs in pulverized sugar
Wt. of 11 eggs in butter
Wt. of 10 eggs in flour
Lemon, vanilla and nutmeg

Wash butter. Cream flour and butter together, using hand. Separate white and yolks of eggs. Beat sugar with yolks. Then add alternately the yolks and sugar and well beaten whites to butter and flour mixture. Bake slowly for about one and one-half hours.

—Mrs. C. F. Tomlinson.

PATENT FLOUR

10 lbs. flour
5 oz. cream of tartar
3 oz. carbonate of soda

Sieve well and use as required. Can be kept on hand and is very much better to use for cakes than self rising flour. Also makes delicious tarts.

—Mrs. Norman Fidler.

TEA CAKES

2-3 cup lard
1 heaping cup brown sugar
1 egg
1-3 cup buttermilk
¼ tsp. soda
1½ cups flour

Cream first three ingredients together, then add buttermilk in which soda has been dissolved, add flour and roll thin and cut in shapes and bake in hot oven.

—Mrs. E. T. Harmon.

MOTHER'S RASPBERRY SANDWICH

3 oz. butter
3 oz. sugar
2 eggs
6 oz. patent flour

Cream the butter and sugar well together, beat eggs and stir well in the creamed butter and sugar, then add flour, if too stiff add a little milk and bake in a hot oven for about twenty five minutes. When cold cut open and spread with raspberry jam and sprinkle fine sugar over top.

—Mrs. Norman Fidler.

QUEEN CAKES

3 ozs. butter
3 ozs. sugar
2 ozs. currants
1 egg
8 ozs. patent flour
A little essence of lemon

Cream the butter and sugar together, add the egg and patent flower and currants then flavoring, and cream to a thick cream with a little milk. Put one teaspoonful each in small greased tins and bake for twenty minutes in a moderate oven, top shelf. **Makes 32.**

—Mrs. Norman Fidler.

LUNCH CAKE

½ lb. butter
½ lb. sugar
4 eggs
½ lb. flour
½ lb. raisins
¼ tsp. baking powder
3 oz. ground almonds
3 ozs. sugar

Cream half pound of butter and half pound sugar together, add the four eggs gradually, then add raisins, flour and baking powder, mix the ground almonds and 3 ozs of sugar together separately and bind together with a little beaten egg. Grease a tin and put half the mixture in then put in the almond mixture spreading all over the mixture and cover with the rest of the cake mixture, and bake for two hours in a moderate oven, top shelf. This is delicious.

—Mrs. Norman Fidler.

BRANDY SNAPS

3 oz. granulated sugar
2 oz. flour
1½ oz. butter
2½ oz. syrup
1 tsp. cold water

Melt the butter, warm the syrup and mix altogether with cold water. Drop one teaspoonful for each cake, not too close together, bake for ten minutes in a very slow oven, when finished curl up quickly with a peg. Grease the tin well. Makes 16 to 18 snaps.

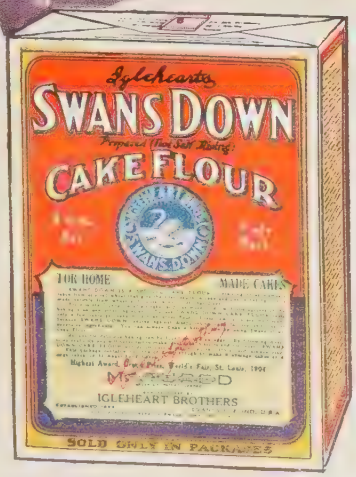
—Mrs. Norman Fidler.

DUMP CAKE

1-4 cup melted butter. Break into it 2 eggs (in measuring cup), fill cup with milk. Dump into mixing bowl

When you make cake

Recipes for many tempting and delicious cakes are given in "Cake Secrets". A dime (in coin or stamps) will bring you this famous recipe book about which a woman recently wrote us: "I wouldn't sell mine for a dollar if I knew I couldn't get another copy."



Preferred by Housewives for 29 years

NOTHING gives such wonderful results in home made cake as Swans Down Cake Flour! Try it in any good recipe. You can have lighter, whiter, finer, better cake—pie crust—pastry, just as you long to have it.

Swans Down costs only a few cents for each cake made and yet it saves all the costly waste of cake disappointments.

Swans Down has been the grocers' choice for 29 years.

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Established 1856

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SWANS DOWN WHEAT BRAN
Nature's Laxative Food

YOUR GROCER CAN SUPPLY YOU

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Try This Cake Recipe

DELICIOUS SWANS DOWN CAKE

½ cupful butter, or substitute
1 cupful sugar
⅔ cupful milk
2 cupfuls SWANS DOWN CAKE FLOUR
3 teaspoonfuls baking powder
¼ teaspoonful salt
1 teaspoonful vanilla
3 egg whites

Cream butter, gradually add sugar, creaming mixture well. Sift flour once, measure, add baking powder and salt and sift three times. Add the flour and milk alternately to the creamed butter and sugar, beating batter hard between each addition of flour and milk. Add vanilla extract. Fold in the stiffly-beaten egg-whites and bake in a loaf or two layers in a moderate oven. Ice as desired.

Before attempting to make any cakes in this book, read this article. It may prevent a cake failure, thereby saving the waste of ingredients. These are the four most important steps in cake-making, and if followed carefully will help you to make really, good cake.

SELECTING INGREDIENTS

A good cake cannot be made with poor ingredients. For the best results choose only the purest materials obtainable. Cake is a food that contains the most nutritive elements, such as eggs, butter, milk, sugar, flour, etc. Cake is more delicate than bread and needs a more delicate flour. This flour is Swans Down Cake Flour, soft, white, and velvety, made especially for cake and pastry making. Swans Down costs but a few cents more per cake and yet it insures against disappointment and costly cake failures. Lighter, whiter, finer, better cakes if you use Swans Down.

MEASURING

All ingredients called for in any good recipe must be accurately mixed and all measurements should be level. This is necessary in order to obtain the same results in each baking. The standard one-half pint measuring cup should be used and the recipe followed exactly.

CAREFUL MIXING

It is necessary in successful cake-making that all ingredients be perfectly measured and utensils and cake tins be ready before beginning to mix the cake. Always beat the shortening to a cream before adding any sugar. Add sugar gradually, creaming the mixture meanwhile. Add a little sifted Swans Down Cake Flour, with baking powder added, then a little milk and so on alternately until all the flour and milk are used. Beat the batter, never stirring, after each addition of flour and milk. Add flavoring. The stiffly-beaten egg-whites should be next folded in very carefully if recipe calls for same. Work quickly, but carefully, in mixing your cake.

CORRECT OVEN HEAT

The heat of oven for cake-making is of very great importance. There are some general guides for temperature which may be profitably observed. All thin layer, small cakes and cookies require a hot oven (350-400° F). Thick layer and cakes baked in a loaf require a moderate oven (325-375° F) while sponge cakes and angel cakes require a slow oven (250-300° F). Fruit cakes require even a slower oven (200-250° F).

The helpful hints above are taken from "Cake Secrets," an authoritative booklet on cake-making by Janet McKenzie Hill, editor of American Cookery Magazine. You are welcome to a copy full of original recipes, directions, illustrations—for 10c sent to Igleheart Brothers, Evansville, Indiana, Department C. I. Best grocers everywhere have Swans Down Cake Flour. If you cannot get it, write us. Use it in your cake and pastry making.

Always use Swans Down Cake Flour in all cake recipes given in this book and elsewhere. It insures lighter, whiter, finer cakes.

without beating until you get all in, the following: 1 and 1-8 cups flour, 1 cup sugar, 2 tsps. baking powder, the contents of measuring cup as above. Then beat thoroughly and bake.

—Mrs. D. C. Maxfield.

QUEEN OF CHOCOLATES

1 cup sugar
1 cup milk
¼ lb. chocolate
Yolk of one egg
(Cook until thick)
1 cup sugar
½ cup butter
3 eggs (yolks)
2 cups flour
½ cup milk
1 whole nutmeg (grated)
1 tsp. soda in little water

Add above custard—last add whites of four eggs beaten stiff.

CARAMEL FOR FILLING

3 cups brown sugar
1½ cups water
¼ cup butter
¼ lb. chocolate
½ tsp. grated nutmeg
½ tsp. vanilla
½ tsp. lemon juice

MILAY'S CAKE

1 cup butter
2 cups sugar
3 cups flour
1 salt spoon salt
1 cup milk
2 tsps. baking powder
4 eggs

Cream butter and sugar, adding yolks one at a time. Sift dry ingredients twice. Add alternately with milk and lastly fold in stiffly beaten whites of egg. Bake in a moderate oven.

—Mrs. S. S. Wood.

PRINCE OF WALES CAKE

Black Part—

1 cup brown sugar
½ cup butter
½ cup sour milk
2 cups flour
1 tsp. soda dissolved in warm water
1 cup chopped raisins
1 tbs. molasses
3 egg yolks
1 tsp. cinnamon
1 tsp. nutmeg
½ tsp. cloves

White Part—

1 cup flour
½ cup corn starch
½ cup sweet milk
½ cup butter
1 cup sugar
1 tsp. baking powder
3 egg whites

Bake in layers and put together alternating color. Use a boiled icing between layers.

—Mrs. Allen Blair.

SNOW BALLS

1 cup white sugar
1 cup thick cream
5 whites of egg
3 tsps. baking powder
½ tsp. almond flavoring or any preferred flavoring
2 cups flour

Sift dry ingredients, add cream and fold in stiffly beaten egg whites and add flavoring. Bake in small well greased pans and cover with a plain white icing when cool.

—Mrs. Allen J. Blair.

SPICE CAKE

½ cup butter
1 cup sugar
3 eggs
1 cup buttermilk
1 cup dark Karo syrup
3 cups flour
1 tsp. soda
1 tsp. baking powder
1 tsp. cinnamon
½ tsp. ginger
½ tsp. cloves

Mix like sponge cake.

—Mrs. L. L. Farlow.

CHOCOLATE CAKE

2 cups brown sugar
¼ pound of butter
2 eggs
1 sq. of bitter chocolate
½ cup hot water
2 cups pastry flour
½ cup of buttermilk
1 tsp. soda
1 tsp. baking powder

Sift sugar, and cream with butter, beat eggs well and add to the creamed sugar and butter. Dissolve the chocolate in the cup of hot water and add. Add the soda to the buttermilk, and baking powder to flour, sifting the flour three times. This will keep moist for days.

—Miss Effie Cox.

WHITE CAKE

2 cups sugar
½ cup butter
4 egg whites
1 cup sweet milk
3 cups flour
3 small tsps. baking powder

Beat butter and sugar to a cream, add milk and flour slowly. (Have baking powder well sifted thru the flour). Add beaten whites last of all. Flavor with bitter almond. If made right this is as nice as Angel Food.

—Miss Effie Cox.

WHITE CAKE

7 eggs, the whites, beaten to a stiff froth
2 cups sugar
2-3 cup butter
½ cupful of milk
2 tsps. baking powder
3 cupfuls of flour

Flavor with vanilla if desired.
Bake in 3 layers or in a loaf.

—Miss Cora E. White.

WHITE CAKE RECIPE

(Level Measurements Used)

1½ cups sugar
½ cup butter and lard
1 cup sweet milk
2 tsp. baking powder
2¼ cups flour
4 egg whites
½ tsp. vanilla
¼ tsp. almond extract

Process: Cream butter and lard, add sugar gradually stirring constantly. Mix and sift together flour and baking powder. Add to the first mixture alternately with milk. Add vanilla and almond extracts and fold in whites of eggs beaten stiff and dry. Turn into well greased cake pans and bake fifteen minutes in moderate oven. Put together with boiled frosting. —Mrs. A. C. Jones.

ORANGE CAKE

2 cups sugar
½ cup butter
2 cups flour
2 tsp. Royal baking powder
5 egg yolks
4 egg whites
½ cup orange juice
Grated rind of 1 orange

Filling and frosting: white of 1 egg beaten stiff, add alternately powdered sugar and orange juice until the juice of 1 large orange and 1-2 lemon has been used. It will take from 1 1-2 to 2 cups sugar. —Miss Mamie Farlow.

STRAWBERRY SHORTCAKE

2 eggs
1 cup sugar
½ cup milk
2 cups flour
2½ tsp. baking powder
¼ tsp. salt
½ tsp. vanilla
½ cup butter
1 qt. strawberries

Cream butter, add sugar and eggs well beaten, vanilla, milk, and flour, sifting it with baking powder and salt. Bake in 2 layers. Reserve 1 white of egg for meringue. Add 2 tbs. sugar. Place on top layer and brown. When cool, crush half the berries and put between layers. Garnish top with the remainder of the berries, and serve with plain or whipped cream. This will serve about 10 people plentifully.

—Mrs. F. R. Taylor.

POTATO CARAMEL CAKE

2 cups sugar
1 cup butter
4 eggs
½ cup milk
1 cup mashed potatoes
1 cup chocolate
1 cup nuts
2 cups flour
2 tbs. baking powder

Cream butter and sugar thoroughly. Add beaten yolks, mashed potatoes, nuts. Sift flour and baking powder and add alternately with the milk. Last fold in stiffly beaten whites and bake in layers in a moderate oven.

—Mrs. W. C. Johnson.

NUT AND DATE CAKE

2 pkgs. dates
2 cups chopped English walnuts
1 cup sugar
1 cup flour
1 tsp. baking powder
1½ tsp. vanilla
¾ tsp. salt
4 eggs

Put all dry ingredients in sifter and sift over chopped nuts and dates. Work together. Add yolks well beaten and mix. Add stiffly beaten whites and vanilla. Bake in slow oven fifty minutes.

—Mrs. W. C. Johnson.

BROWN STONE FRONT

2 cups sugar
1 cup butter
3 cups flour
1 cup boiling water
1 cup buttermilk
3 eggs
2 tsp. soda
1 tsp. vanilla
½ square chocolate

Dissolve chocolate in boiling water and let stand while following is being prepared.

Cream together butter and sugar; add eggs well beaten. Then milk, chocolate and flavor. Sift together flour and soda. Add together ingredients. Beat thoroughly. Bake in layers.

Filling—
2 cups sugar
1 cup butter
1 cup milk

Boil until thick. Remove from fire, add 1 tsp. vanilla. Beat until cool enough to spread.

—Mrs. C. F. Allen.

MORAVIAN SUGAR CAKE

½ cup granulated sugar
½ cup lard
2 eggs
1 cup mashed potato
1 yeast cake
A little salt

Cream sugar, lard and potato together, then add eggs well beaten and flour. Make up at night and let rise. In the morning make out in the tin and let rise again. Sprinkle top with brown sugar, small pieces of butter and cinnamon, and bake.

—Mrs. W. A. Blair.

HERMITS

1 cup butter
2 cups sugar
3 eggs
3 tbs. milk
3 cups flour
4 tsp. baking powder
1 cup raisins stoned and cut up
1 tsp. cinnamon
1 tsp. cloves
½ tsp. mace
1 tsp. nutmeg

Cream butter, add sugar gradually, then raisins, egg well beaten and milk. Mix and sift dry ingredients and combine mixtures. Drop by spoonfuls on baking sheet.

—Miss Farmer.

JELLY ROLL

3 eggs
1 cup sugar
1½ cups pastry flour
2 level tsp. baking powder
½ cup warm water
Flavoring

Sift flour. Add baking powder. Beat whites stiff. Fold in sugar. Fold in beaten yolks. Add water, then flour lightly. Bake in long tin in hot oven. When done spread thickly with jelly and roll carefully in napkin.

—Mrs. L. L. Farlow.

ANGEL CAKE

11 egg whites
1½ cups sugar
1 cup flour
1 tsp. cream of tartar
¼ teaspoon salt
1 teaspoon vanilla

Beat whites of eggs until frothy, add cream of tartar and continue beating till eggs are stiff. Then sift in the sugar gradually, fold in the flour mixed with salt and sifted four times. Add the flavoring. Bake forty-five minutes in pan not greased.

When done do not try to take from pan, but stand upside down till it drops out itself.

Frosting for Angel Cake

1 cup sugar
1-3 cup water
1-8 teaspoon cream of tartar
1 egg white

Boil the water, sugar and cream of tartar till it forms a soft ball in cold water; pour in small stream on the egg white beaten stiff, beating as you pour; continue beating until stiff and smooth.

—Miss Mamie Farlow.

APPLE SAUCE CAKE

1 cup of Crisco or butter
1 tsp. allspice
1 tsp. baking powder
1 cup sour apple sauce
1 cup of nuts
1 2-3 cups sugar
2½ cups flour
1 tsp. cinnamon
½ tsp. nutmeg
½ tsp. salt
1 tsp. soda
½ cup raisins

Cream butter and sugar thoroughly. Then add eggs without separating yolk from white. Mix soda with the

sauce then stir in a little at the time. Lastly add the raisins with nuts.

—Miss Phebe Worth.

PEANUT BUTTER COOKIES

2 tbs. peanut butter
2 tbs. butter
1-3 cup sugar
1 egg
1 tsp. baking powder
½ tsp. salt
¾ cup flour
3 tbs. sweet milk
½ tsp. lemon flavoring

Beat egg and sugar well, add butter and peanut butter, then milk and dry ingredients sifted together alternately, flavor and drop by teaspoonfuls, not too close together on a baking sheet and brown slightly.

—Mrs. Walter White.

SUNSHINE CAKE

8 eggs
1 cup sugar
1 cup flour
1 tsp. cream of tartar
1 tsp. lemon or orange extract

Beat whites of eggs stiff and dry, add sugar gradually and continue beating. Then add yolks of eggs beaten until thick and lemon color, add extract. Cut and fold in flour, which has been sifted with cream of tartar. Bake in an unbuttered angel food pan.

—Miss Martha R. Taylor.

DOUGHNUTS

5 eggs
1½ cups sugar
1 cup milk
6 tbs. melted fat
1 tsp. salt
2 tsp. baking powder

Mix eggs and sugar until light. Add fat, milk, salt and flour enough to make stiff enough to roll. Fry in deep fat.

—Mrs. J. W. Clinard.

NUT LOAF

1 egg, beaten separately
2 cups sugar
1 cup milk
1 tsp. salt
2 tsps. baking powder
1 cup pecan meats, chopped
2 cups sifted flour
1 lb. raisins
¾ cup flour additional for flouring nuts and raisins

Add sugar gradually to beaten yolk of eggs, then dry ingredients sifted together alternately with milk, next the floured nuts and raisins and last fold in beaten white of egg. Bake about one hour in a slow oven, in well greased pan.

—Mrs. E. H. Morris.

CHRISTMAS CAKES

1 qt. of molasses
1 lb. brown sugar
1 pt. good lard or butter
½ oz. soda
½ oz. salt
½ oz. each of cloves, allspice, cinnamon, ginger.
Flour

Mix all ingredients. Add enough flour to make a stiff dough. Roll thin. Bake in moderate oven.

—Mrs. A. M. Briggs.

TEA BARS

2 eggs
1 cup sugar
½ cup of flour
¾ cup of nut meats
1 tsp. of vanilla
2 sq. Baker's chocolate
6 tbs. butter

Melt together the chocolate and butter. Beat eggs well. Add sugar and other ingredients. Beat well together. Bake slowly in greased pan.

—Miss Florence Blair.

GRAHAM COOKIES

(Good for constipated children).

¼ cup butter
1 cup Graham flour
⅛ tsp. salt
1½ tsp. baking powder
¼ cup sugar
1 egg

Sift dry ingredients, cut in the butter. Add egg and mix. If too stiff add a few drops of milk. Roll very thin and cut in rounds and bake.

—Mrs. F. R. Taylor.

DATE BARS

1 cup sugar
3 eggs
1 cup chopped walnuts
1 cup dates
1 cup flour
1 tsp. baking powder

Beat eggs until very light, add sugar gradually, beat-

ing until light. Add flour, baking powder, dates and nuts stirring carefully. Bake in shallow pans.

—Mrs. David J. White.

CRISP GINGER SNAPS

1 pt. molasses
½ cup butter
1 tsp. ginger
½ tsp. cloves
½ tsp. salt
1½ tsp. soda
Flour enough to make a stiff dough

Boil molasses, add butter and spices and soda which has been dissolved in a little water. Let cool then stir in flour to make a stiff dough. Roll very thin, cut and bake in a quick oven.

—Mrs. J. D. Cox.

OAT MEAL COOKIES

2 eggs, well beaten
¾ cup of lard or butter
1 cup sugar
2 tsp. cinnamon
¾ tsp. soda
2 cups flour
2 cups oatmeal
1 cup chopped raisins

Mix well and drop from spoon on buttered pans.

—Mrs. J. C. Hill.

BROWN SUGAR COOKIES

2 cups brown sugar
1 cup lard
2 eggs
2 tbs. water
1 tsp. vanilla
½ tsp. salt
2 tsp. baking powder
1 tsp. soda
3½ cups flour

Cream sugar and lard, add well beaten eggs and other ingredients. Knead dough well. Roll thin, cut in small cakes and bake in quick oven.

—Mrs. D. H. Parsons.

SCOTCH OAT CRACKERS

2½ cups rolled oats
¼ cup milk
¼ cup molasses
1½ tablespoons fat
¼ teaspoon soda
1 tsp. salt

Grind or crush the oats and mix with the other materials. Roll out in a thin sheet and cut in squares. Bake

for 20 minutes in a moderate oven. Makes 3 dozen crackers.

—Gov't Bulletin.

JAPANESE CAKE

2 cups sugar
1 cup butter
3 cups flour
½ cup sweet milk
6 eggs
2 tsp. baking powder

Cream together butter and sugar, add milk, then the egg beaten separately. Sift together flour and baking powder; add the other ingredients and beat thoroughly.

Divide this and to one half add

1 cup raisins
½ cup nuts
2 tbs. melted chocolate
1 tsp. cloves
1 tsp. cinnamon
1 tsp. mixed spices

Bake in layers.

Filling

One can shreded cocoanut, the juice and grated rind of two lemons, 1 1-2 cups sugar, 1 cup boiling water, 2 tablespoonsful cornstarch. Boil until thick, cool and spread.

—Mrs. C. F. Allen.

SUNSHINE ICING

4 egg yolks
1 cup water
1 tsp. orange extract
2 cups sugar

Boil sugar and water until it spins a thread. Beat gradually into beaten egg yolks. Add flavoring and beat until of right consistency to spread.

—Mrs. Luther Barker.

SIMPLE WHITE ICING

2 cups confectioner's sugar (XXXX)
½ tsp. vanilla or preferred flavoring
Boiling water

Pour boiling water a very little at a time on sugar, stirring well to remove all lumps. When right consistency, add flavoring and spread at once on cake. This is the easiest and surest icing, I know. Care should be taken not to add too much water, but if you have done so, merely add more sugar.

—Mrs. H. A. White.

DESSERTS

Though we eat little flesh and drink no wine,
Yet let's be merry; we'll have tea and toast;
Custards for supper and an excellent host
Of syllabubs and jellies and mince pies
And other such ladylike luxuries.

—Shelly.

QUEEN'S PUDDING

1 pint of milk — 2 eggs
½ pint of bread crumbs — 1 cupful of sugar
2 lemons

Soak the crumbs in the milk, add the grated lemon rind, 1-2 the sugar and the egg yolks. Bake in a moderate oven, until set, let cool slightly. Make a meringue of the egg whites and the rest of the sugar, pile on top roughly and bake till brown. —Mrs. T. A. Sykes.

Sauce for Queen's Pudding

Make a hard sauce for it as follows: One cup light-brown sugar, half cup butter, half grated rind and the juice of one lemon; beat until very light.

—Miss Elva J. Blair.

LEMON CURD

3 cups of sugar — 6 eggs
4 ozs. butter — 4 lemons

Put butter in top of double boiler, when melted add the sugar, then the strained juice and rind of lemons, beat the eggs well, and add to the mixture, stir until thick as honey. This keeps well, if tightly covered.

—Mrs. T. A. Sykes.

DATE PUDDING

1 qt. sweet milk — 4 tbs. instant Tapioca
½ cup sugar — 1 cup chopped dates
2 eggs

Cook first three ingredients for 10 minutes in a double boiler, add dates and beaten egg yolks and cook 5 minutes longer. Stir in stiffly beaten whites of eggs just before taking off the fire. Serve with whipped cream.

—Mrs. Samuel Hodgin.

DAINTY CHOCOLATE CUSTARD

¼ cup grated chocolate
4 cups milk
1 cup sugar
4 egg yolks
1 tsp. vanilla
Pinch of salt

Put chocolate and 1 cup of the milk into a double boiler and cook until smooth, then add remainder of the milk. When hot, pour over the sugar which has been mixed with the egg yolks. Return to the double boiler and cook until it thickens. Stir occasionally. Add vanilla and pour into individual glass dishes. Serve with meringue made with the whites of the eggs and 4 tbs. sugar, or top with whipped cream.

—Mrs. F. R. Taylor.

ICE CHEST DESSERT

¼ lb. butter
1 cup sugar
3 eggs
½ large cake chocolate melted
1 tsp. vanilla
1 cup broken pecans or ½ cup pecans and ½ cup black walnuts
1 doz. lady fingers
½ doz. cocoanut macaroons

Beat butter very light and beat in sugar, then add egg yolks well beaten, chocolate, nuts and vanilla and lastly whites of eggs beaten very stiff. Line a mold with lady fingers and pour chocolate filling into it and top with macaroons. Set in refrigerator and when molded turn out on a platter and cover with whipped cream.

—Mrs. J. Van Lindley.

APPLES IN BLOOM

8 red apples of uniform size
1 orange, grated rind and juice
1 cup sugar

Boil apples in water, to surround apples half way, turning apples frequently. Boil slowly so they will not break

up. When done remove carefully and take off skin leaving as much of inside red bloom as possible. It may be scraped off the skin and spread over the apples like rouge, if the skin comes off too thick. Add sugar and orange juice and rind to water and cook until it almost jellies. Then pour over the apples in dish you will serve them in. Serve cold.

—Miss Farmer.

BAKED APPLE RINGS

Select firm, perfect apples, core, and cut so as to make two rings of each apple. Place in agate or porcelain or glass baking pan, and cover with brown sugar. Then pour over either cranberry or strawberry sauce. Add a very little water and bake in oven until tender. They are very pretty decorated with marshmallows and orange rind, cutting with wet scissors, the marshmallow for the petals of a daisy and using the orange rind for the center.

—Mrs. E. T. Harmon.

MARSHMALLOW PUDDING

1-3 lb. marshmallows
½ cup pecans
½ cup maraschino cherries
½ pint cream
½ tbs. gelatine
1 tbs. cherry juice
½ cup sliced pineapple
Pineapple may be omitted

Soak gelatine in cherry juice 10 minutes. Dissolve with one tablespoon boiling water by placing in a cup set in hot water. Pour over cream which has been previously whipped, stirring carefully to keep gelatine from lumping. Sprinkle in marshmallows, cut in small pieces, nuts and fruits, also chopped in bits. Pour into a wet mould and set on ice and stiffen. Serve with 1-2 pint of cream, whipped. This will make eight generous servings.

—Mrs. Jos. T. Weaver.

CUSTARD

1 pt. milk
1 box granulated gelatine
1 cup cold water
3 eggs separated
¾ cup sugar

Soak gelatine in cold water, scald milk in double boiler, add soaked gelatine and stir well, then add egg yolks well

mixed with sugar. Cook about two minutes longer, stirring constantly. When cool add well beaten whites of eggs and 1 tsp. vanilla. Chill thoroughly before serving.

—Mrs. Bertha Sheets.

MOCK WHIPPED CREAM

1 large sour apple
1 cup sugar
1 egg white
Vanilla

Peel apple and grate fine. Add sugar as soon as possible so apple may not turn dark. Beat white of egg very stiff and then combine the two beaten mixtures. The longer you beat the white of egg the more this resembles whipped cream. Add vanilla to taste.

—Mrs. Bertha Sheets.

PRUNE WHIP

1 lb. prunes
3 egg whites
2 tbs. sugar

Cook prunes until tender, and mash fine. Beat egg whites very stiff, adding sugar gradually at end. Then whip in mashed prunes. Chill and serve with cream.

—Mrs. Bertha Sheets.

CANTALOUPE ICE CREAM

1 qt. whole milk
1½ cups sugar
1 qt. rich, finely flavored cantaloupe
3 eggs

Heat milk in double boiler. Beat sugar and eggs together until light. Add to milk. Let cool and turn into freezer. When partly frozen add cantaloupe. Finish freezing. Pack and let stand a while to ripen before serving.

—Mrs. J. W. Clinard.

DEWBERRY ICE CREAM

1 pint whole milk
2 eggs
1 cup sugar
1 tbs. flour
½ pint berry juice
½ pint cream

Put milk and sugar in double boiler to scald, separate eggs, beat yolks lightly and flour and beat smooth, adding a little cold milk to thin. Stir this into the scalded milk,

let thicken and then remove from the fire and strain thru wire strainer. Have the whites of eggs beaten stiff, add a spoonful of sugar and add this to the custard while hot. Let cool and then add the half pint of cream and freeze. When it begins to freeze, add the berry juice, finish freezing, pack and set aside for an hour or so before serving. The juice of a lemon added to the berry juice improves the flavor.

—Miss Effie Cox.

GRAPE ICE CREAM

2 cups cream
1 cup whole milk
2 cups sugar
1 cup grape juice

Freeze in usual way, pack for 3 hours before serving. The cream will be well flavored and tinted a pretty violet.

—Mrs. F. R. Taylor.

PINEAPPLE SHERBET

Dissolve 1 box of gelatine in a little cold water, add 1 1-2 quarts of boiling water, juice of 2 lemons, 2 cups sugar, and strain. Add 1 large can of grated pineapple, the whites of 3 eggs without beating them, and when the mixture cools, freeze as ice cream.

—Mrs. Walter White.

TRIFLE

Sponge cake
Raspberry jam
Raspberry jelly
Cocoanut biscuits (macaroons)
Cold custard
Whipped cream

Spread four pieces of sponge cake with raspberry jam and place in bottom of glass dish, break up cocoanut biscuits and sprinkle over, pour over jelly and place in cool place to set, when set put over custard and before using cover with whipped cream and decorate with angelica and jelly, or cherries. This is a very pretty party dish and may have coins or small silver trinkets put in. It is nicely flavored by soaking the sponge cake with pineapple juice, then cutting the pineapple in small pieces and putting in with the cake and biscuits before covering with jelly.

Egg Custard for Trifle

2 eggs 1 pint of milk
1 oz. of sugar

Boil milk and sugar together, beat the eggs, add them gradually to the milk and stir until it thickens.

—Mrs. Norman Fidler.

PRUNE SOUFFLE

1 lb. prunes 1 cup sugar
11 egg whites

Wash prunes and put in enough water to cook until very tender. Remove seed and chop prunes until very fine. Stir in the sugar and then the whites of the eggs which have been beaten very stiff. Turn into a buttered baking dish and bake until a very delicate brown in a slow oven, as it scorches quickly. Serve with whipped cream flavored and sweetened to taste.

—Mrs. Arthur Lyon.

LEMON SPONGE

1 oz. of corn starch
½ pint of milk
¼ pint of water
2 oz. of sugar
Rind and Juice of 1 lemon
¼ oz. of butter
1 egg

Blend corn starch with a little cold milk until smooth, boil the remaining milk and water and pour on to corn starch, return to pan and add the rest of the ingredients, then whip the white of the egg and pour into mould to cool.

—Mrs. Norman Fidler.

INDIAN PUDDING

4 cups milk (whole or skim)
¼ cup corn meal
¾ tsp. salt
1 tsp. ginger
1-3 cup molasses.

Cool milk and meal in a double boiler 20 minutes; add molasses, salt, and ginger. Pour into buttered pudding dish and bake two hours in a slow oven, or use your fireless cooker. Serve with milk. This makes a good and nourishing dessert. Serves six. —Gov't. Bulletin.

LEMON ICE

1 cup lemon juice and grated rind
4 cups water
2½ cups sugar

Make a syrup of sugar and water and when cold add lemon and freeze.

—Miss Stella Anderson.

ORANGE PUDDING

6 oranges
3 tbs. sugar
1 pt milk
1 tbs. corn starch
2 egg yolks
2 eggs whites
½ tsp. butter

Peel and slice oranges into a deep pudding dish and sprinkle with sugar.

Scald milk in double boiler, add corn starch dissolved in cold milk, add gradually to egg yolks and sugar well beaten, return to fire and cook until thick, adding butter.

Cool slightly and pour over oranges. Beat whites of eggs stiff add two tbs. sugar, cover pudding and brown slightly.

—Mrs. J. E. Paige.

BISQUE TARTONI

3 eggs
¾ cup white sugar
¾ cup of strong coffee
1 pint of cream
1 dozen macaroons

Boil sugar and coffee together until it strings from the spoon. Add to the well beaten eggs. Whip the cream stiff and add to eggs, etc., roll macaroons until fine anl line mould with them. Then put a layer of cream and layer of macaroons until mould is filled. Pack in ice and salt for several hours.

—Mrs. O. E. Mendenhall.

BROWN BETTY

3 cups apples (chopped)
2 cups buttered crumbs
¾ cup brown sugar
¼ tsp. nutmeg
¼ tsp. cinnamon
½ lemon, juice and rind
¼ cup of water

Melt two tablespoonsful butter and add the crumbs. Mix well. Pare, core and chop the apples. Mix together the sugar, spice and grated lemon rind. Arrange the food in a baking dish in layers, putting one half the spice mix-

ture on each layer of apple. Add the lemon juice and water before the top covering of crumbs. Cover and bake in a moderate oven until the apples are soft. Uncover and allow the crumbs to brown.

PUDDINGS

The proof of the pudding is in the eating.

—Cervantes.

ENGLISH PLUM PUDDING

2 lbs. bread crumbs
2 lbs. beef suet
2 lbs. seedless raisins
2 lbs. seeded raisins
2 lbs. currants
2 lbs. mixed candied peel
2 lbs. sugar
2 lbs. eggs (16)
4 ozs. flour
1 lb. chopped nuts
Salt and spices to taste
Boil 7 to 9 hours.

Soak the bread crumbs in sweet milk, add the fruit, and the well beaten eggs, and mix thoroughly.

Grease some bowls with the skins of the suet, and fill with the mixture, cover with paste of flour and water, which helps to keep the flavor, then cover with several thicknesses of cloth, and tie down very firmly. Boil from 7 to 9 hours, then remove the cloths, but not the crust, let them get quite cold, then cover again with clean dry cloths, and store until needed.

English sauce to serve with the pudding is made as follows: Stir a very little flour with cold water, and add to boiling water, according to quantity needed, thoroughly cook, and strain, then make rich with brown sugar, spices and butter.

—Mrs. T. A. Sykes.

PLUM PUDDING

1 cup suet, chopped fine and salted or 1 cup butter
1 cup molasses.
2 cups flour
1 cup milk
2 tsp. cream of tartar
1 tsp. soda
½ tsp. each cloves, cinnamon and nutmeg
2 cups raisins

Steam 3 hours in well greased tins, filling about 2-3 full. This is right size to steam in a 5 lb. lard pail.

Ancestral rule in family of Mrs. J. E. Paige.

SWEET POTATO PUDDING

1 pt. sweet potato, grated
1 pt. whole milk
4 eggs
1 tbs. sugar
½ tsp. cinnamon

Bake slowly one hour.

RICE PUDDING

2 qts. milk
½ cup raw rice
½ cup sugar or more
¼ tsp. nutmeg or 1 tsp. vanilla
½ cup chopped raisins, if desired

Cook in slow oven and when a light brown crust forms stir down each time until the pudding is done. (Cook about two hours).

—Mrs. Anna Tomlinson.

RICE PUDDING

2 cups boiled rice
1 cup raisins
2 yolks of eggs
1 cup of milk
Salt
Sugar to taste

Mix all together, adding a little butter and cook slowly. Beat egg whites and put over this. Set back in oven and brown slowly.

—Mrs. L. L. Farlow.

PERSIMMON PUDDING

Half gallon persimmons capped, mashed and thinned in 1 1-2 pints water. Strain through cloth or strainer. Add to the batter:

3 cups sifted flour
1½ cups sugar
1 grated sweet potato, size of pint cup
3 eggs, well beaten
2 cups sweet milk
½ tsp. soda
1 level tsp. salt
1 tbs. melted butter

Flavor with vanilla and nutmeg. Bake in slow oven until brown and set. Cut in squares and serve with whipped cream and nuts.

—Mrs. S. Halstead Tomlinson.

PERSIMMON PUDDING

½ gal. persimmons, mashed and strained
1½ pts. sweet milk
3 heaping cups sifted flour
2 cups. brown sugar
1 tsp. soda
1 tsp. ginger
1 tsp. cinnamon
Pinch salt

Bake in slow oven until rich brown and firm.

—Mrs. A. S. Parker.

PERSIMMON PUDDING

½ gal. persimmons
1 qt. sweet milk
1 pt. brown sugar
1 cup butter
½ cup corn meal
1¼ pts. flour
4 or 5 eggs
1 cup buttermilk
1 large sweet potato, grated
1 tsp. lemon juice
2 tsp. cinnamon
2 tsp. soda

Mash persimmons and strain into milk. Mix remaining ingredients with this and bake one hour in moderate oven.

—Mrs. J S. Worth.

PERSIMMON PUDDING

½ gal. persimmons
1 pt. milk
1½ cups bread crumbs
1 cup grated sweet potato
¼ cup butter
1½ cups sugar
3 eggs
1½ tsp. cinnamon
1 tsp. ginger
1 tsp. vanilla
2 tsp. baking powder
1 tsp. soda
1 tsp. salt
3 cups flour

Wash persimmons thoroughly and mash through a colander. Add milk, grated sweet potato, bread crumbs, sugar and eggs beaten until light, then flavoring. Add dry ingredients sifted together and butter. Bake two hours in a moderate oven.

—Mrs. L. L. Farlow.

PERSIMMON PUDDING

½ gallon good ripe persimmons
½ gal. sweet milk
1 large sweet potato
2 eggs
2 teacups of sugar
Butter size of egg
1 level tsp. of soda
1 level tsp. salt
Flour

Mix persimmons and milk together and run through colander. Add potato grated, eggs well beaten, sugar, butter, soda, salt and flour to make a batter not quite as thick as cake batter. Pour in a well greased biscuit pan. Bake one hour in moderately hot oven, or until it has brown crust on top and the juice in it boils up clear like water around the edges of pan.

—Mrs. A. M. Briggs.

PASTRIES

Then thanks for thy present! none sweeter or better
E'er smoked from an oven or circled a platter.
Fairer hands never wrought at a pastry more fine
Brighter eyes never watched o'er its baking, than thine!
And the prayer which my mouth is too full to express
Swells my heart that thy shadow may never be less
That the days of thy lot may be lengthened below,
And the fame of thy worth like a pumpkin vine grow,
And thy life be as sweet and its last sunset sky
Golden tinted and fair as thy own Pumpkin-pie!

—J. G. Whittier.

PUMPKIN PIE

1½ cup stewed pumpkin
1½ cup milk
¾ cup sugar
2 eggs
¼ tsp. ginger
½ tsp. vanilla
⅛ tsp. salt

Mix the dry ingredients with the pumpkin and the eggs, slightly beaten, add vanilla and milk. Bake in a deep pie pan; use plain pastry.

—Mrs. F. R. Taylor.

PUMPKIN PIE

1 qt. rich milk
3 cups cooked and strained pumpkin
2 cups sugar
Butter size of an egg
4 eggs, beaten separately
Spices as desired

Mix all but eggs, then add well beaten yolks and lastly fold in stiffly beaten whites. Make a rich pie crust and bake in a single crust. This will make two pies.

—Mrs. A. M. Briggs.

PLAIN PASTRY

2 cups flour
½ tsp. baking powder
1 tsp. salt
2-3 cup shortening
Ice water

Method: Sift flour, baking powder and salt together.

Cut in shortening with two knives. Add only enough water to hold ingredients together. Do not knead. Sufficient quantity of pastry for 16 chess pies.

—Mrs. A. C. Jones.

FRENCH TARTS

Half fill tart shell of puff paste with orange marmalade then add half a canned peach and cherry on top. Bake in a quick oven and pour over a little boiled down peach syrup.

Fill a baked tart crust with finely cut cooked apples seasoned with 1-2 tsp. grated lemon peel and tbs. lemon juice, pour over a boiled custard and add a little nutmeg.

APPLE TART

Fill pie crust with sliced or diced tart apples, add thin sliced citron, butter, sugar and a but of surrant jelly.

Pour over any tart a reduced syrup colored if you like, to make a glaze.

CHEESE STRAWS

1 tbs. butter
2-3 cup flour
1 cup fresh bread crumbs
1 cup grated cheese
¼ tsp. salt
⅛ tsp. white pepper
Cayenne
2 tbs. milk or water

Mix flour and seasoning. Cream butter, add other ingredients. Roll one fourth thick. Cut one fourth inch wide and four or five inches long. Bake until brown in a moderately hot oven.

—Mrs. F. R. Taylor.

CHOCOLATE PIE

3 eggs, (separated)
2 cups brown sugar
2 tbs. flour
1 cup sweet milk
6 tbs. grated chocolate
1 tbs. butter

Cream butter, add sugar, egg yolks, flour, chocolate and milk. Spread in rich pie crust and bake, then add meringue and brown delicately.

—Mrs. Arthur Lyon.

LEMON MERINGUE PIE

1 cup water
1 cup sugar
2 eggs or 3 eggs and less corn starch
3½ tsp. corn starch or flour
Pinch of salt

Boil water, sugar and corn starch together for 5 minutes then add egg yolks, lemon juice and rind and salt. Let it all thicken together in double boiler, then cool slightly and pour into a previously baked crust. Cover with a meringue made by beating the whites of eggs stiff and folding in 2 tbs. sugar. Brown slowly in oven.

—Mrs. Banner Davis.

Chocolate pie made same as this lemon pie but substitute 1-4 cake chocolate for lemon.

—Mrs. J. Van Lindley.

PUMPKIN PIE WITH COCOANUT

1 cup stewed pumpkin
½ cup brown sugar
½ cup sweet milk
1 tsp. cinnamon
1 tsp. nutmeg
¼ cup melted butter
2 eggs, beaten separately
½ cup grated coocanut

Mix all ingredients except whites of eggs, pour into crust and bake. Then cover with a meringue of egg whites stiffly beaten and with 2 tbs. white sugar folded in and brown delicately.

—Mrs. C. M. Hauser.

APPLE-LEMON PIE

½ cup chopped apples
1 cup sugar
1 beaten egg
1 tsp. melted butter
¼ cup rolled cracker crumbs
2 tbs. lemon juice
Grated rind of 1 lemon

Add sugar to apple. Then add beaten egg, cracker crumbs, lemon juice, grated rind and butter. Bake in two pie crusts.

—Mrs. Martha Blair.

STRAWBERRY PIE

1 cup sugar
1 cup milk
2 eggs
2 tbs. melted butter
1½ tbs. melted butter
1 cup ripe strawberries
Vanilla

Rub sugar and flour together until smooth. Add butter and egg yolks. Beat until light. Add milk. Bake on rich pastry crust. While this is baking let strawberries stand in one-fourth cup powdered sugar. When custard is done, put berries on top. Cover with meringue made from egg whites and brown lightly.

—Mrs. J. W. Clinard.

SWEET POTATO CUSTARD

1 egg
1 medium sized baked potato
1 cup sugar
1 cup cream
1 pt. new milk
¼ tsp. salt

Beat the egg, add the sugar, then the potato well mashed and the cream. Beat well and thin with the milk. Bake in one crust. Will make two pies.

Mrs. A. E. W. Peele.

SWEET POTATO PIE

1 pt. boiled sweet potato, put through a sieve
2 cups sugar
1 cup cream
2 well beaten eggs
Nutmeg to taste

Mix well and bake slowly in one crust.

—Mrs. A. M. Briggs.

KENTUCKY PUDDING

3 eggs
2 cups sugar
Butter size of an egg
1 tbs. corn starch
1 pt. milk
½ tsp. lemon extract
Pinch of salt

Beat eggs very light, add sugar then milk and corn starch moistened with a little of the milk, lastly the butter melted. Flavor. Bake in crust. This will make two pies.

—Miss Cora E. White.

PINEAPPLE PIE

4 eggs
1¼ cups sugar
2-3 cup water
2 tbs. flour
1 small can grated pineapple

Beat egg yolks, add sugar and beat well, add flour, mix, add water and pineapple. Line two pie pans with rich

pastry, pour on the mixture above, cook till it is well set. Cover with meringue made of beaten egg whites and four level tablespoons of sugar, brown slowly in oven.

—Mrs. Walter White.

BUTTER SCOTCH PIE

1 cup brown sugar
2½ tbs. butter
3 tbs. flour
1 egg yolk
1½ cups milk

Brown sugar and butter, add other ingredients which have been well mixed, stir, and allow to cook until smooth. Cool slightly and pour into previously baked crust. Cover with meringue made of the white of the egg and 2 tbsp. sugar. Place in oven to brown.

The pastry may be made as follows:

1¼ cups flour
½ tsp. salt
4 tbs. lard or snowdrift
Cold water

Mix dry ingredients, cut in the lard, add enough cold water to make a stiff dough.

—Mrs. F. R. Taylor.

CHOCOLATE PIE

3 eggs
1 cup sugar
4 tbs. cocoa
Vanilla
1 heaping tbs. flour
1½ cups sweet milk
1 tbs. butter

Mix sugar, flour and cocoa. Add yolks of eggs and milk. Cook in double boiler until thick. Add butter and vanilla. Bake pastry and fill with the mixture. When cool cover with meringue made of the whites of three eggs and one half cup of sugar. Brown in a slow oven.

—Mrs. David White.

LEMON PIE

Yolks of 4 eggs
1 cup sugar
1½ tbs. corn starch
1½ cups new milk
1 tbs. butter
Juice and grated rind of
1 large lemon

Mix corn starch with little milk. Beat eggs and add sugar, milk, corn starch, lemon juice. Melt butter and add.

Use whites of eggs with one-half cup of sugar for meringue.

—Mrs. Josiah White.

COCOANUT CUSTARD PIE

3 eggs
4 tbs. sugar
1 tbs. flour
1 pt. milk
2 cups grated cocoanut
Vanilla

Mix sugar and flour. Add eggs and milk. Add one and one-half cups cocoanut and flavoring. Bake. Make a meringue of the whites, using one-half cup sugar. Sprinkle one-half cup cocoanut over the meringue and brown.

—Mrs. Josiah White.

COCOANUT PIE

4 oz. cocoanut
½ cup sugar
1 cup milk
2 eggs
2 tbs. butter
¼ tsp. salt

Put grated cocoanut in each pie crust, pour milk, beaten egg and salt over it. Put butter on top and bake.

—Mrs. Luther Barker.

COCOANUT CUSTARD PIE

1 cocoanut, grated
1 lb. sugar (granulated)
4 eggs, beaten separately
4 tbs. grated bread crumbs
Butter size of egg

Cream the butter, sugar and yellows well. Add the cocoanut milk and bread crumbs; mix well. Add the stiffly beaten whites. Bake on pastry. Will make two pies.

—Miss Harriet Tomlinson.

CREAM PIE

1 tbs. butter
2-3 cup sugar
1 cup cream
1 tbs. flour
½ tsp. vanilla

Cream butter, add sugar and flour sifted together, then add cream and flavor. Pour into a pie pan lined with pastry and bake.

—Mrs. Allen Blair.

BUTTERMILK CUSTARD PIE

1 pint fresh buttermilk — ½ cup butter
1½ cups sugar — 3 level tbs. flour
3 eggs beaten separately

Cream sugar, butter and egg yolks, add flour, then buttermilk, mix well. Fold in stiffly beaten egg whites and bake on pastry in a moderate oven. This will make two pies. —Miss Harriet R. Tomlinson.

CURD CHEESE CAKES

To the curds of 3 pints of milk, add 4 ozs. of butter, 5 eggs, 6 ozs. currants, 2 ozs. candied peel, a little nutmeg, and 2 tablespoons of dry cake crumbs.

Line deep individual pans with pastry, fill with the mixture, and bake. —Mrs. T. A. Sykes.

CHESS PIES

Yolks of 7 eggs — ½ lb. white sugar
½ lb. brown sugar — ½ lb. butter
Lemon flavoring

Do not stir or beat, but with a knife cut ingredients together until free from lumps. Bake in patty pans lined with rich pastry. —Mrs. O. E. Mendenhall.

CHESS PIES

2 eggs — ½ cup apple jelly
1 cup sugar — ½ cup butter
2 tsp. flour

Cream butter ,add sugar, jelly, beaten egg and flour. Beat until creamy, add a few drops lemon extract. Make a rich pastry, roll thin and fit into muffin pans. Put in each a heaping tsp. of the pie mixture and bake.

—Mrs. J. C. Barker.

CHESS PIES

4 eggs — 1 cup sugar
2 tbs. corn meal — 1½ tbs. butter
1 lemon, juice and rind

Beat eggs silgthly, add meal and sugar, melted butter and lemon. Bake in muffin or patty pans lined with rich pastry. —Mrs. H. A. White.

CHESS PIES

Yolks of 6 eggs
¼ lb. butter
2 cups white sugar
1 scant tsp. vanilla
1 pinch salt
Nutmeg to taste
Use whites of eggs for meringue if wanted

Cream butter and sugar as for other cakes. Add yolks of eggs slightly beaten. Add vanilla, salt and nutmeg. Bake in individual pans or in pie pans as desired.

—Mrs. J. C. Hill.

CHESS PIES

1½ cups brown sugar
½ cup butter
2-3 cup sweet milk
4 egg yolks
1 tbs. flour
1 tsp. vanilla

Method: Cream butter and sugar together. Add other ingredients in order given. Bake in muffin tins lined with pastry. Will serve 16 people.

—Mrs. A. C. Jones.

MOCK MINCE MEAT

Mix thoroughly 3 pints chopped green tomatoes from which water has been drained. Add:

3 pts. chopped apple
5 cups brown sugar
1½ cups vinegar
3 cups seeded raisins, cut up
1 tbs. cinnamon
1 tsp. clove
¼ tsp. each of mace, allspice and pepper
2 tsp. salt

Bring slowly to boil and let simmer 3 hours or cook in fireless cooker, add 1 cup butter, stir until melted and seal in fruit jars.

—Mrs. Geo. Houghton.

ENGLISH MINCEMEAT

3 lbs. chopped apples
1 lb. raisins
1 lb. seedless raisins
1½ lbs. currants
2 lbs. mixed candied peel
1 lb. suet
Rind and juice of 2 lemons
1 lb. brown sugar
Spices to taste

—Mrs. T. A. Sykes.

MINCE PIE

1 qt. to ½ gal. meat
½ gal. apples, dried or green
1 tsp. cinnamon
Pinch ground spice
2 lbs. sugar
1 qt. cherries, canned
1 qt. fig preserves
1 lb. raisins
1 lb. currants
1 tsp. cloves
1 pt. strong apple vinegar
½ lb. citron

Mix and cook about one-half hour then can.

—Mrs. J. S. Worth.

MINCE MEAT FOR PIES

2 lbs. beef
1 lb. currants
2 lb. raisins
¼ lb. citron
1 lb. beef suet
1½ lb. candied lemon peel
4 lbs. apples
2 lbs. sugar
1 pt. molasses
1 nutmeg grated
¼ oz. of cloves
½ oz. of cinnamon
1 tbs. of salt
2 lemons, juice and rind
2 oranges, juice and rind
1 pt. vinegar
3 pts. water

Cook meat, chop fine, chop apples, chop 1 lb. raisins leaving 1 lb. whole. Mix all ingredients and let stand over night. Cook until fruit is done, seal while hot. Improves with age.

This recipe is on old one and is said to have been used by the Custis family of Virginia.

—Mrs. W. L. Horney.

SANDWICHES

PIMENTO SANDWICHES

1 lb. cheese
1 can pimento peppers
½ cup vinegar
1 tsp. mustard
1 tsp. salt
2 eggs

Boil vinegar, then pour the beaten eggs, mustard and salt in and let it thicken, then pour it over the cheese and peppers which have been ground. Mix well, and spread.

—Mrs. June Barker.

SANDWICH FILLING

1 lb. prunes
1 cup peanut butter
¼ cup honey or corn syrup

Wash and soak the prunes over night in sufficient water to cover. In the morning remove seeds and cook until soft in the water in which they were soaked and until most of the water is evaporated. Put through a puree sieve, add the peanut butter and honey or syrup. If the filling is not used immediately, heat to boiling, put in jelly glasses and cover with paraffin.

PEANUT SANDWICHES

Will always be a pleasing addition to any luncheon. For these, grind freshly roasted peanuts quite fine, salt to taste and add to the product a sufficient amount of sweet cream or melted butter to produce a paste. Spread this mixture between thin slices of white bread or oblong wafers. If bread is used cut it in small crescents. Makes a dainty and very tempting sandwich.

SIX HOT SANDWICHES BY FRIEDA WINN

HOT PORK SANDWICHES

Make a brown gravy of three tablespoons of flour, two cups soup stock (or two cups boiling water and two bouillon cubes) and three tablespoons of fat. Brown a small finely chopped onion in the fat, add the flour and mix

thoroughly; cook, with constant stirring, until the mixture bubbles. Add the stock soup gradually, stirring constantly, and heat to boiling. Heat thin slices of pork in the boiling mixture, then serve between split corn-muffins or squares of corn bread with a slice of fried apple laid on each slice of meat. Apple jelly may be substituted for fried apple.

HOT BEEF SANDWICH

Spread two slices of white or whole-wheat bread with butter creamed with a little French mustard. Heat thick slices of rare roast beef in boiling gravy made as for pork sandwich but without the onion. Put a slice of meat between slices of bread on a hot plate and pour the hot gravy over the sandwich. Garnish with watercress.

CLUB SANDWICH DE LUXE

2 slices white bread toasted
4 oysters
1 slice Graham bread, toasted
2 slices crisp bacon

Dip the bread in beaten egg to which one tablespoon of water has been added, and saute in butter to a golden-brown color. Broil the oysters or egg and crum them and fry them in deep fat. Place one slice of white-bread toast on a hot plate, spread it with mayonnaise and put the oysters on this. Season each oyster with a little horse-radish . Cover this with the Graham bread and add the hot bacon (cold turkey or chicken may also be used). Add the other slice of bread, and garnish with a slice of lemon, or radish-roses, or slices of olives. Serve with a tomato cut across four times and filled with sauce tartar in a bed of lettuce leaves.

EGG AND TOMATO SANDWICH

1 cup well-seasoned tomato-pulp 3 eggs

Helt one tablespoon of better in a frying pan, add the tomato and when it is hot add the three eggs which have been slightly beaten. Lower the heat and cook, stirring constantly until it is of a creamy consistency. Spread between thin slices of buttered toast made from brown bread.

Cut diagonally and serve with a creamed or buttered vegetable.

SAUCE TARTAR

Add three tablespoons of finely chopped mixed pickles and one tablespoon of finely chopped parsley to one cup of mayonnaise dressing.

HOT LAMB SANDWICH

Make a gravy as for pork sandwich. Heat thin slices of the meat in the gravy and lay them down on a slice of bread. Spread the other slice with currant or mint jelly or, if mutton is used, with chopped capers. Close the sandwich and serve with gravy. Garnish with parsley.

HOT CHICKEN SANDWICH

Make a cup and a half of uedium white sauce. Add one-half cup of thin cream, two tablespoons of chopped parsley and a little celery-salt. Heat thin slices of chicken in the sauce and lay them between the halves of a split hot or toasted baking-powder biscuit. Cover with the sauce. Garnish with parsley or a tender stalk of raw celery.

PHILADELPHIA CREAM CHEESE SANDWICHES

1 pkg. of cream cheese Whipped cream

Work the whipped cream into the cheese until of consistency of thick whipped cream. Add either pecan meats cut up or sliced stuffed olives or both and spread between slices of brown or white bread.

—Mrs. E. K. Willis.

RAISIN SANDWICHES

½ pkg. seeded raisins 2 or 3 tbs. cream
Juice of ½ lemon 2 tbs. mayonnaise

Cut raisins into bits, add lemon juice, whip the cream and add to the above then add the mayonnaise, and spread on thin rounds of bread.

—Mrs. E. K. Willis.

PINEAPPLE SANDWICHES

Spread bread with mayonnaise, then cover with thin strips from canned sliced pineapple. —Mrs. E. K. Willis.

BEVERAGES

"Appetite comes with eating," says Angeston, "but thirst departs with drinking."

—Rabelais.

ICED TEA

1 cup of tea leaves
3 lbs. sugar
1 doz. lemons
1 gal. boiling water

Squeeze juice from lemons. Put tea leaves and lemon rinds in vessel. Pour boiling water over them and let stand fifteen minutes. Strain and add lemon juice and sugar while hot. Serve in tea glasses filled with crushed ice.

—Mrs. H. A. Millis.

FRUIT PUNCH

2 cups sugar
1 cup water
1 cup strong tea
1 pt. strawberry syrup
Juice of 6 lemons
Juice of 6 oranges
1 can grated pineapple
1 quart of Appollinaris water
½ pt. maraschino cherries

Make a syrup by boiling water and sugar ten minutes, add tea, fruit juices, pineapple and strawberry syrup. Let stand 30 minutes, strain, add enough ice water to make 1 1-2 gallons of liquid, turn into large punch bowl over a piece of ice, then add cherries and Apollinaris water. This makes nearly two gallons.

GRAPE JUICE

1 cup ripe grapes
1 cup sugar

Put in quart jar. Fill with boiling water and seal quickly. This seems so simple some people think it a fake, but I have tried it out and it is very fine.

—Mrs. D. H. Parsons.

FRUIT BEVERAGE

Make a syrup by boiling 2 cups sugar and 1 cup of water for ten minutes. Add 1 cup of strong tea, 1 pint of

grape juice, juice of 5 lemons and of 5 oranges, 1 can of chunk or grated pineapple, 1 small bottle of cherries, add 2 or 3 quarts of water according to taste, and serve with plenty of chipped ice.

—Mrs. Walter White.

PUNCH FOR A LARGE COMPANY

Syrup by boiling 4 cups water and 8 cups sugar.

4 cups tea infusion
3 cups canned loganberries, dewberries, pineapple or red cherries.
Juice of 15 lemons
Juice of 15 oranges
Enough water to make 4½ gals.

—Mrs. H. A. White.

SUNSET LEMONADE

1½ cups sugar
4 lemons (juice)
2 oranges (juice and grated rind)
1 qt. water

Boil five minutes and set aside to cool. Serve with cracked ice.

—Mrs. H. I. Coffield.

BLACKBERRY VINEGAR

(Blackberry Shrub)

Take 3 qts. of blackberries (or raspberries or strawberries) and put them in a stone jar and pour 1 pint of apple vinegar over them. Let this stand for two days in a cool place. Then pour out into strainer and drain juice on to 2 pts. of fresh berries, discarding old berries. Do not mash or crush berries. Allow berries and juice to stand 2 days more. Again strain, and drain juice on to 2 more qts. of fresh berries anl again let stand 2 days. Drain juice, and add to the juice an equal amount of sugar, i. e., 1 cup of sugar to each cup of juice. Boil for 15 minutes, skim, then seal at once in fruit jars or bottles. If bottles are used, cover corks with sealing wax. Serve with crushed ice. Dilute with water.

—Mrs. F. R. Taylor.

CANDIES, ETC.

Hast thou not learned me how
To make perfumes? Distill? Preserve? yea so
That our great king himself doth woo me oft
For my confections?

—Shakespeare.

CANDIED GRAPE FRUIT PEEL

Soak grape fruit rinds in salt water in proportion of 1-3 cup salt to 2 qts. water for 24 hours or more.

Drain, rinse in cold water and set to cook in a fresh supply of water. Cook from 4 to 6 hours slowly on back of stove or in fireless cooker until very tender. Cut in strips and cook in a syrup of sugar equal in weight to the peel and half its weight in water, after this has cooked to real syrup. Boil slowly until practically all the syrup is absorbed. Set aside to cool in this syrup and then roll each strip in granulated sugar, reheating a little if necessary to detach the strips. —Mrs. H. A. White.

SALTED ALMONDS

1 pint water
½ cup salt
1 cup almonds
2 tsp. butter

Blanch the almonds, heat the salt and water, and when boiling, add the nuts. Cook 8 minutes. Drain, place them in a baking pan, and put the butter over them in small pieces. Bake until a delicate brown. Stir frequently. All the butter should be absorbed.

—Mrs. F. R. Taylor.

CANDY HINTS

For chocolate coating add 1 tbs. salad oil, 1 tbs. of paraffin.

Sugarless Fruit Centers—Peanuts, cocoanut, raisins, figs, prunes, peaches, apricots, juice of 1-2 lemon, 3 tbs.

honey or syrup. Dip in chocolate or first cover with fondant or dip in whites of egg and roll in nuts.

Pistachio Prunes—Soak prunes 1 hour in warm water, then dry. Color fondant green and flavor with pistachio and stuff prunes.

Apricot Sandwiches—To cup of fondant add 1-2 tsp. orange extract and 1-2 tsp. rose extract. Put between halves of extra fine dried apricots and cut in halves and roll in sugar.

GLACE NUTS

2 cups sugar — 1 cup boiling water
⅛ tsp. cream of tartar

After stirring well, heat to boiling point in a smooth saucepan and boil without stirring until sugar begins to discolor which is 310 degrees. Remove from fire and set saucepan in a larger vessel of cold water to stop boiling then set in a pan of boiling water on stove, keeping water boiling so sugar will not harden. Dip nuts separately in hot syrup and drop on oiled paper or very smooth platter. Olive tongs are ideal to use in dipping the nuts. If done correctly each nut will look as if encased in glass or ice.

—Mrs. H. A. White.

SEAFOAM

2 cups brown sugar — 1 tsp. vanilla
1 egg white — ½ cup nut meats

Add enough water to sugar to moisten well, and cook until it forms a hard ball in cold water. Pour slowly over beaten white of egg. Add vanilla and nuts just before hard enough to drop. Drop on waxed paper.

—Miss Martha R. Taylor.

COCOANUT ICE

2 lbs. sugar — ½ pint water
12 ozs. glucose — ¼ lb. cocoanut
Pink coloring

Put half the sugar, half the glucose and half the water in a pan, boil up to 245 degrees or six minutes boiling, remove from the fire, draw a spoon across the pan

and rub it on the sides quickly until it becomes cloudy, then add the cocoanut and stir well together. Pour in a tin lined with paper. Boil the other half the same way then add the cocoanut and coloring and pour on the white.

—Mrs. Norman Fidler.

PEANUT CANDY

2 cups sugar
½ cup milk
2 heaping tsps. peanut butter

Mix thoroughly, boil five minutes stirring constantly. Remove from fire, beat well and pour into buttered pans. Cut in squares when nearly cold.

—Mrs. H. I. Coffield.

CHOCOLATE FUDGE

¼ cup butter
½ cup milk
¼ cup molasses
1½ cups sugar
2 sqs. Baker's chocolate
½ cup chopped walnuts
½ cup chopped raisins
1 tsp. vanilla

Melt butter in saucepan. Add other ingredients and bring to a boil. Cook slowly, constantly watching until it reaches soft ball stage. Stir constantly while cooking. When soft ball forms remove from stove and add nuts, raisins and vanilla. Beat until it begins to cream. Pour into greased pans and mark in squares.

—Miss Florence Blair.

FUDGE

2 cups sugar
1 square chocolate
Butter size of walnut
½ cup milk

Boil without stirring until a soft ball can be formed when dropped in cold water. Remove from fire at once, flavor to taste with lemon or vanilla. Beat rapidly until it begins to thicken then pour into a buttered pan. When partly cool mark off in squares and set away to finish cooling.

—Mrs. Bertha Sheets.

DIVINITY FUDGE

2 cups sugar
¼ cup water
½ cup chopped nut meats
¾ cup Karo
2 eggs (white only)

Cook sugar, Karo and water till crisp when tried in

cold water. Beat the whites of the eggs in a large bowl, and pour the syrup slowly into them, beating the whole till it begins to harden. Add flavoring and nuts. Spread quite thick on a shallow oiled tin. When cool, cut in large squares.

—Mrs. Banner Davis.

CANDIED CRANBERRIES

Candied cranberries make a delicious and inexpensive holiday confection, much resembling candied cherries but having a distinct flavor of its own. This is a suggestion to housewives from the home economic experts of the U. S. Department of Agriculture, who have been developing new uses for the cranberry. They have developed a method which if followed closely gives a bright, firm, plump, semi-transparent candied fruit which can be eaten as a sweetmeat or used to give a touch of color to frosted Christmas cakes, whipped cream, or custards, or which can be used like citron in cakes or puddings or chopped up and added to "tutti-frutti" ice creams.

The secret of candying cranberries lies in handling the fruit so that it will become saturated with sugar. This calls for slow cooking on the installment plan and the use of a dish large enough to permit all the berries to float at the top of the syrup during cooking. The skins are so tough that they must be pierced before cooking to let the sirup into the pulp or interior. To do this, three little slits, each 1-8 inch long, should be made in each berry with the point of a knife. Use selected large, firm cranberries. The directions for cooking are as follows:

For 1 1-2 cups of berries, make a thin sirup by boiling together until clear 2 cups of sugar and 2 1-2 cups of water. When the sirup is cool, add the berries and bring very slowly to the boiling point. If the berries are heated too quickly, the skins will burst before the sirup soaks into the pulp. As soon as the sirup cools, take the dish off the stove and let it stand over night. Next day, drain the sirup from the berries and boil it until it is reduced to about half its original volume. Put the berries into this medium-thick sirup and heat slowly; boil gently for 3 or 4 minutes, and then allow to stand for 2 hours

or more. Then boil gently a third time for five minutes. A smaller dish probably will be needed for the third and last boiling. When thoroughly cold, or better still, on the following day, drain off the sirup and spread the berries out on a lightly buttered plate or a sheet of clean, waxed or lightly buttered paper until the surface of the berries dries.

The berries, if directions have been followed, will candy separately, and not into a sticky mass.

To make a delicious ice cream, add 1-2 to 3-4 of a cup of chopped berries to each quart of the cream mixture. They also can be combined with bits of candied orange or lemon peel, or other glace fruits to make "tutti-frutti" ice cream. The sirup left over after the berries are candied has a pleasant sweet-acid flavor and fine color and is excellent in pudding sauce or even, when diluted with water, for use on pancakes, waffles, etc.

—U. S. Department of Agriculture.

PICKLES and PRESERVES

WATERMELON RIND PICKLES

7 lbs. rind
3 lbs. white sugar
1 pt. vinegar
2 tbs. of spice
1 tbs. of lime

Pare off carefully the green part of the rind of a ripe watermelon, trim off the red pulp and cut in any shape liked. Soak over night in lime water. To make lime water add tablespoonful of lime to one gallon of water. Rinse with hot water then cool. Boil in strong ginger tea. Let vinegar, sugar and spices come to a boil. Put in rind and cook slowly three or four hours. —Mrs. C. A. Ring.

WATERMELON SWEET PICKLES

Cut rind into squares, after paring off the outside green, making pieces not too thick, boil in water until tender enough to pierce with a broom straw. Take 3-4 lb. sugar to each lb. of rind, 1 pt. of vinegar to every 5 lbs. of rind. Use whole cloves and stick cinnamon. Tie cloves in cloth and boil in syrup. Cook until clear and tender, perhaps three or four hours. —Miss Elva Blair.

SWEET PICKLED PEACHES

Put two pounds of brown sugar, two cupfuls of vinegar and one ounce of stick cinnamon in a saucepan. Bring to the boiling point and let simmer twenty minutes. Drop one-half peck of peaches, one at a time, quickly in hot water; then rub off the fur with a towel. Stick each peach with four cloves. Put into syrup and cook until soft, using one-half the peaches at a time.

—Miss Farmer.

CRANBERRY JELLY

1 qt. cranberries
1 pt. boiling water
1 pt. sugar

Boil berries and water 20 minutes. Rub through a sieve. Return to fire, boil 2 minutes and then add sugar, boil 3 minutes longer and then pour into glasses or molds.

—Mrs. C. F. Allen.

PRESERVED FIGS

Cover figs with almost equal weight of sugar. Let stand over night. Put on stove and let sugar dissolve. Remove figs, boil syrup until quite thick, return figs to syrup and boil until syrup is very thick.

—Miss Annie Lyle Davis.

GREEN TOMATO PRESERVE

Slice the tomatoes and pour boiling water over them and let them stand until cool. Drain off the water and put three quarters as much sugar as tomatoes, one tablespoonful of ginger to every quart of tomatoes and one lemon sliced to each quart of tomatoes. Boil for an hour and a quarter.

RHUBARB CONSERVE

2 lbs. rhubarb cut fine
Juice and grated rind of 1 lemon
1½ lbs. sugar
1 lb. English walnuts, cut fine

Put all ingredients, except the nuts, together and set aside until second day, then pour off juice and boil it 3-4 hour, add fruit and boil ten minutes longer. add nuts and put in jelly glasses and seal with paraffin. Excellent to eat with cold meat or as a sweet sandwich filling.

—Mrs. Anna M. Gove.

RAISIN MANGOES

Select green or half green canteloupes; remove a section the length of the melon an inch and a half in the middle and tapering to a point at each end, and take out seeds with a teaspoon. Pare the rind; make a brine of salt and water strong enough to float an egg, pour it over melons and let stand (2) two weeks. Take out of brine, soak in plenty of fresh water until brine is extracted, then lay on a thick cloth to drain thoroughly. Scald in strong alum water until it becomes brittle, throw into cold water again until alum is entirely extracted. Boil in strong ginger tea, until flavored with ginger.

Make a syrup of five pounds sugar to five pounds of melons, with a teacup mixed spices, let cinnamon pre-

dominate. Put in the melons and cook till done, then take out and scatter over them celery and white mustard seed. Boil the syrup with a quart of vinegar and 3 lemons, till thick.

Filling

For filling, chop fine 3 lbs. raisins flavored slightly with cloves, one can grated or sliced pineapple. (Also preserved orange peeling if you like). Fill melons and sew or tie in the extra section of melon. Place melons in a jar, cover with syrup after it has cooled. Seal.

—Mrs. Arthur Lyon.

GREEN TOMATO SWEET PICKLE

1 tbs. mace
1 tbs. whole cloves
4 lbs. green tomatoes
2 lbs. white sugar
1 pt. vinegar

Slice tomatoes thin. Put to soak for ten days in mild brine. Rinse in clear water, changing often. Allow to stand in clear water over night. Next morning pour off water and scald with weak alum water. Let stand until cool. Drain off and put into syrup made of the vinegar, sugar and spices. Put spices in bag, not allowing any to mix with fruit. Boil one hour after fruit is put in.

—Mrs. J. C. Hill.

TOMATO CATSUP

24 ripe tomatoes
6 white onions (chopped fine
3 green peppers (bell)
2 tbs. salt
1 tbs. cinnamon
1 tbs. cloves
1 tbs. allspice
1½ cups brown sugar
½ pt. vinegar
1 tbs. black pepper

Cook slowly three hours. —Mrs. H. I. Coffield.

TOMATO CATSUP

One peck very ripe tomatoes, cut in halves or quarters. Cook tomatoes until very soft, then strain.

Add one quart of vinegar to juice of tomatoes, 5c. worth celery seed, 5c. worth mustard seed, 1 quart of chopped onions, 1-2 box of mustard, 3 tablespoonfuls salt,

1 tablespoonful black pepper, 2 tablespoons sugar, 1-4 bottle horse radish, 3 pods red pepper. Cook slowly about three or four hours till very thick. Bottle and seal.

—N. C. Federation of Women's Club.

CHILI SAUCE

24 large tomatoes
8 bells pepper
4 onions
3 tsp. salt
½ tsp. black pepper
1 tsp. each of spice and cloves
2 cups vinegar
2 cups brown sugar

Cook slowly, put in one-half of vinegar first and half hour before done, the other half vinegar. Bottle and seal.

—N. C. Federation of Women's Clubs.

HASTY CUCUMBER PICKLES

Quarter 1 doz. cucumbers, sprinkle over them 1-2 cup salt, then cover with boiling water and let stand over night. In the morning pour off salt water, cover again with boiling water, drain and cover with vinegar, 1 cup brown sugar and spices to taste. Let come to a boil and then remove from fire. These pickles when cold are ready for immediate use.

—Mrs. E. T. Harmon.

CHOW-CHOW

4 qts. cabbage
2 qts. green tomatoes
1 qt. onions
1 gill green peppers
2 lbs. brown sugar
Apple vinegar
2 tbs. cinnamon
1 tbs. cloves
1 tbs. celery seed
3 tbs. white mustard seed
1 tbs. salt

Take seed out of green peppers. Chop cabbage, tomatoes, onions and peppers together and mix well. Add other ingredients and cover with good apple vinegar. Boil twenty minutes.

—Mrs. A. M. Briggs.

CUCUMBER CATSUP

6 large cucumbers
6 large onions
1 tbs. salt
1 tsp. white pepper
1 pt. white vinegar

Pare the cucumbers very thin as soon as possible after they are taken from the vines. Chop fine. Add salt. Let

drain in colander for one hour. Add chopped onions, vinegar and pepper. Stir well together. Put in wide mouthed bottles, seal with paraffin wax. Let stand a month before using. This is made without cooking and retains perfectly the taste of fresh cucumbers.

—Mrs. Mollie S. Lowe.

SWEET PICKLED BEETS

6 medium sized beets
1½ cups sugar
1 cup of vinegar
½ cup water
½ tsp. cloves, cinnamon, allspice and nutmeg

Boil beets until very tender. Peel, cut in squares. Boil sugar, vinegar, water and spices together for five minutes. Drop beets in and boil for ten minutes. Put in jars and seal.

—Mrs. D. H. Parsons.

PEPPER RELISH

1 red peppers
12 green peppers
14 onions (medium size)
2 tbs. salt

Grind. Pour boiling water over ground peppers and onions and let stand for five minutes; drain off. Cover with boiling water again and let stand ten minutes; drain. drain. Add:

1 qt. apple vinegar
3 cups brown sugar
½ tsp. cloves
1 tsp. each of cinnamon, allspice and ginger

Cook twenty minutes. Put in sealed jars.

—Mrs. R. K. Marshall.

PEPPER RELISH

12 green peppers
12 red peppers
½ doz. onions
1 tbs. salt
1 qt. vinegar
1½ cups sugar

Cut peppers and onions in small pieces, sprinkle with salt and scald with hot water. Drain and put all together in kettle and cook twenty minutes.

—Mrs. June Barker.

DISCOVERIES

For apple pie dice apples in 1-4 inch cubes instead of slicing. It cooks more quickly and is more fluffy.

—Mrs. J. J. Haworth.

GLUE

Very desirable for use of primary teachers and any who have to use much glue.

3 cups flour
3 cups cold water
3 cups hot water
1 tbs. powdered alum
1 tsp. 10% solution of carbolic acid
2 drops oil of wintergreen
¼ tsp. salicylic acid

Sift dry ingredients together, mix thoroughly with the cold water and then add the hot, and cook until well thickened and after removing from fire add carbolic acid and wintergreen. Seal in jelly glasses.

—Mrs. Luna Cox Ray.

HEALTH SALTS

2 ozs. cream of tartar
2 ozs. carbonate of soda
2 ozs. citrate of magnesia
2 ozs. Epsom salts
2 ozs. tartaric acid
½ lb. confectioner's sugar

Mix all well together and crush out lumps, keep in air tight tin and use one tablespoonful to half a glass of cold water before breakfast.

—Mrs. Norman Fidler.

TO CURE A STYE

Put the white of an egg into a saucer and stir into it a small pinch of powdered alum.

The result will be a curd. Place this between two pieces of soft thin lawn and bind over the eye for the night. If this does not cure, repeat the application. This will be successful and no more styes are apt to appear.

—Miss Emma Blair.

TO REMOVE INK FROM ANY FABRIC

(Will Not Injure Color)

Place ink stained portion in a basin. Sprinkle over it thick layer of powdered borax. Pour peroxide on until well soaked. Let stand three hours. Wash out in cool water then with warm suds.

—Miss Emma Blair.

TO REMOVE BERRY OR FRUIT STAIN

Stretch strained cloth over bucket; pour boiling water through until stain disappears.

—Miss Elva Blair.

TO POLISH SILVERWARE

First lay silver in a clean aluminum pan. Add one teaspoon of common table salt, one teaspoon of baking soda. Pour boiling water over silver and let stand three to five minutes. No silver is removed by this process. An oil rub gives a satiny polish to the silver. Wesson oil or lard will work satisfactorily. Do not use this method on oxidized silver.

—Mrs. R. K. Marshall.

HELPFUL HINTS IN COOKING

Onion juice. To extract, press raw surface of an onion against grater move it slightly and juice will run off point of grater.

When adding corn starch, arrowroot or any starchy material to hot liquid first mix with enough cold water or milk to make it fluid then add slowly and stir constantly until smooth.

When making anything that calls for corn starch and sugar mix thoroughly dry sugar and starch to prevent lumping. This applies to cocoa or any powder that contains starch. The sugar separates the starch grains.

A dash of salt in whites of eggs makes them whip better, a very little cold water has similar effect.

Add a tablespoon of cold water to egg when used in crumbing croquettes, etc. It prevents stringiness and makes egg go further.

When baking very juicy pies sift over bottom crust fine stale bread crumbs before putting in the fruit. This will insure crisp lower crust while crumbs can neither be seen nor tasted.

Salt or vinegar in the water will help to keep poached eggs from floating to pieces.

Pumpkin. Instead of paring while raw, cut in convenient size pieces and steam or bake with shell on. When soft, pulp can be easily scraped from the shell.

BAKING POWDER

½ lb. of ground rice ½ lb. of carbonate of soda
6 ozs. tartaric acid

Sieve and keep in an air-tight tin, make half quantity if desired.

POUNDED MEAT

Pounding meat before cooking is an old-fashioned method of making it tender, but while it has the advantage of breaking down the tough tissues it has the disadvantage of being likely to drive out the juices and with them the flavor. A very good way of escaping this difficulty is pounding flour into the meat; this catches and retains the juices. —Gov't Bulletin.

TABLE OF EQUIVALENT MEASURES

A saltspoon equals 1-4 teaspoon.
2 saltspoons equal 1 coffee spoon or 1-2 teaspoon.
2 coffee spoons equal one teaspoon.
4 teaspoons equal 1 tablespoon.
2 cups make a pint.
4 cups make a quart.
1 cup butter (solid) makes a half pound.
A dash of pepper is 1-4 saltspoon.
1 round tablespoonful butter makes one ounce.
1 cup granulated sugar makes 1-2 pound.
A tablespoon of butter melted is measured before melting.
A tablespoonful of melted butter is measured after it is melted.

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